



Grandma's Old Fashioned Chili Mac

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



454 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.1 cup brown sugar
- 29 ounce tomatoes diced canned
- 15 ounce kidney beans drained canned
- 1 cup celery chopped
- 21.5 ounce condensed tomato soup canned
- 1 cup elbow macaroni
- 0.5 large bell pepper green chopped
- 1 pound ground beef

- 1 small onion chopped
- 6 servings salt and pepper to taste

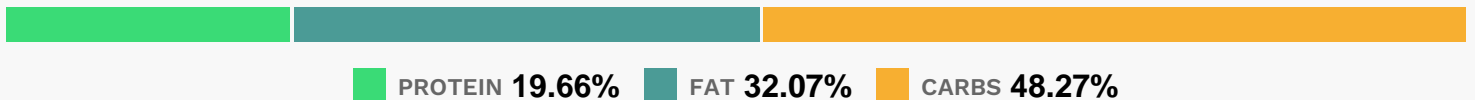
Equipment

- frying pan
- sauce pan
- pot

Directions

- Bring a pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- In a small saucepan, simmer celery and green pepper with water to cover until tender;
- Drain.
- Place ground beef in a large heavy skillet over medium heat. Cook until evenly brown.
- Add onion, and cook until tender and translucent.
- Drain excess fat.
- Add celery and green pepper. Stir in kidney beans, condensed tomato soup, diced tomatoes and brown sugar. Season with salt and pepper, and stir in macaroni.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:9.1, Inflammation Score:-7, Nutrition Score:22.452173689137%

Flavonoids

Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

Nutrients (% of daily need)

Calories: 453.51kcal (22.68%), Fat: 16.42g (25.26%), Saturated Fat: 6.08g (37.99%), Carbohydrates: 55.6g (18.53%), Net Carbohydrates: 47.91g (17.42%), Sugar: 19.05g (21.17%), Cholesterol: 53.68mg (17.89%), Sodium: 1021.83mg (44.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.64g (45.28%), Vitamin C: 38.79mg (47.02%), Selenium: 30.23µg (43.19%), Potassium: 1359.79mg (38.85%), Manganese: 0.73mg (36.3%), Vitamin B6: 0.63mg (31.62%), Fiber: 7.69g (30.76%), Phosphorus: 306.54mg (30.65%), Vitamin B3: 5.93mg (29.64%), Zinc: 4.36mg (29.1%), Vitamin B12: 1.62µg (26.96%), Iron: 4.72mg (26.24%), Magnesium: 80.58mg (20.14%), Copper: 0.38mg (19.24%), Vitamin K: 17.5µg (16.67%), Vitamin B1: 0.25mg (16.64%), Vitamin B2: 0.28mg (16.5%), Vitamin A: 684.91IU (13.7%), Folate: 48.57µg (12.14%), Vitamin E: 1.73mg (11.5%), Calcium: 109.45mg (10.95%), Vitamin B5: 0.81mg (8.09%)