

Grandma's Chili



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



717 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce baked beans canned
- ☐ 1 tablespoon brown sugar
- ☐ 4.5 ounce mushrooms drained canned
- ☐ 0.3 teaspoon chili powder
- ☐ 0.5 bell pepper green chopped
- ☐ 2 pounds ground beef
- ☐ 0.5 onion chopped
- ☐ 4 servings salt and pepper to taste

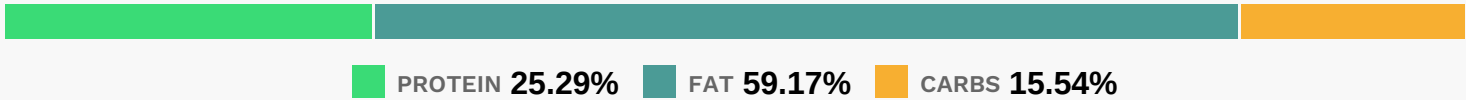
Equipment

- ☐ sauce pan

Directions

- ☐ In a large saucepan over medium high heat, saute the ground beef for 5 minutes, or until browned. Stir in the onion and green bell pepper and saute for 5 more minutes. Season with salt and pepper to taste.
- ☐ Next, add the beans, mushrooms, brown sugar and chili powder to taste.
- ☐ Mix together well, reduce heat to low and let simmer for 20 minutes to 1 hour or more, depending on how much time you have and how thick you like your chili.

Nutrition Facts



Properties

Glycemic Index:19.92, Glycemic Load:6.9, Inflammation Score:-5, Nutrition Score:27.628260804259%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 716.95kcal (35.85%), Fat: 47.16g (72.55%), Saturated Fat: 18.07g (112.93%), Carbohydrates: 27.85g (9.28%), Net Carbohydrates: 20.71g (7.53%), Sugar: 4.61g (5.12%), Cholesterol: 168.47mg (56.16%), Sodium: 925.3mg (40.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.35g (90.71%), Vitamin B12: 4.85µg (80.89%), Zinc: 11.31mg (75.41%), Selenium: 40.45µg (57.79%), Vitamin B3: 10.68mg (53.38%), Phosphorus: 501.66mg (50.17%), Vitamin B6: 0.87mg (43.69%), Iron: 6.58mg (36.57%), Potassium: 1034.57mg (29.56%), Fiber: 7.14g (28.57%), Manganese: 0.47mg (23.72%), Vitamin B2: 0.39mg (23.05%), Copper: 0.46mg (22.99%), Magnesium: 82.81mg (20.7%), Vitamin C: 15.1mg (18.31%), Folate: 62.14µg (15.53%), Vitamin B5: 1.54mg (15.4%), Vitamin B1: 0.2mg (13.07%), Calcium: 108.35mg (10.83%), Vitamin E: 1.04mg (6.92%), Vitamin K: 5.37µg (5.11%), Vitamin D: 0.29µg (1.94%), Vitamin A: 92.38IU (1.85%)