



Happy Chili



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



618 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 84 ounce tomatoes diced canned
- ☐ 15 ounce kidney beans red drained and rinsed canned
- ☐ 28 ounce tomato sauce canned
- ☐ 15 ounce kidney beans white drained and rinsed canned
- ☐ 3 stalks celery chopped
- ☐ 0.3 cup chili powder
- ☐ 1.5 teaspoons garlic powder
- ☐ 1 bell pepper green chopped

- ☐ 0.1 teaspoon ground pepper
- ☐ 2 teaspoons ground cumin
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 2 pounds pork sausage hot
- ☐ 1 bell pepper red chopped
- ☐ 15 ounce kidney beans dark red drained and rinsed canned
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon sugar white
- ☐ 1 bell pepper yellow chopped

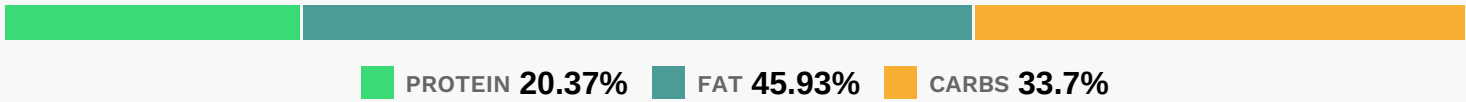
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat a large skillet over medium-high heat. Cook and stir sausage in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease.
- ☐ Combine sausage, diced tomatoes, tomato sauce, white kidney beans, red kidney beans, dark red kidney beans, onion, celery, green bell pepper, red bell pepper, yellow bell pepper, chili powder, cumin, garlic powder, salt, black pepper, oregano, sugar, and cayenne pepper in a large pot; bring to boil. Reduce heat and simmer until vegetables are tender, 45 minutes to 1 hour.

Nutrition Facts



Properties

Glycemic Index:57.3, Glycemic Load:10.33, Inflammation Score:-10, Nutrition Score:41.543043696362%

Flavonoids

Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg Luteolin: 1.16mg, Luteolin: 1.16mg, Luteolin: 1.16mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 8.48mg, Quercetin: 8.48mg, Quercetin: 8.48mg, Quercetin: 8.48mg

Nutrients (% of daily need)

Calories: 617.52kcal (30.88%), Fat: 32.74g (50.38%), Saturated Fat: 10.41g (65.09%), Carbohydrates: 54.06g (18.02%), Net Carbohydrates: 36.08g (13.12%), Sugar: 15.33g (17.04%), Cholesterol: 81.65mg (27.22%), Sodium: 2317.49mg (100.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.67g (65.33%), Vitamin C: 96.81mg (117.35%), Vitamin A: 3695.41IU (73.91%), Fiber: 17.98g (71.9%), Vitamin B6: 1.22mg (61.07%), Manganese: 1.16mg (58.04%), Potassium: 1937.94mg (55.37%), Iron: 9.94mg (55.21%), Vitamin B3: 10.58mg (52.88%), Vitamin B1: 0.72mg (48.14%), Phosphorus: 470.08mg (47.01%), Vitamin E: 6.91mg (46.08%), Copper: 0.8mg (40.11%), Folate: 153.57µg (38.39%), Magnesium: 141.28mg (35.32%), Vitamin K: 35.82µg (34.11%), Vitamin B2: 0.57mg (33.8%), Zinc: 4.81mg (32.09%), Calcium: 207.69mg (20.77%), Vitamin B5: 1.89mg (18.87%), Vitamin B12: 0.96µg (16.06%), Vitamin D: 1.47µg (9.83%), Selenium: 4.57µg (6.53%)