

## Hawaiian-Style Chili



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



10

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 31 ounce kidney beans with liquid canned
- ☐ 16 ounce tomato sauce canned
- ☐ 2 tablespoons chili powder
- ☐ 2 pounds ground beef
- ☐ 6 onions chopped
- ☐ 16 ounce pineapple chunks drained canned
- ☐ 2 bell peppers red seeded chopped
- ☐ 2 teaspoons salt

☐

32 ounce stewed tomatoes with juice canned

## Equipment

☐

sieve

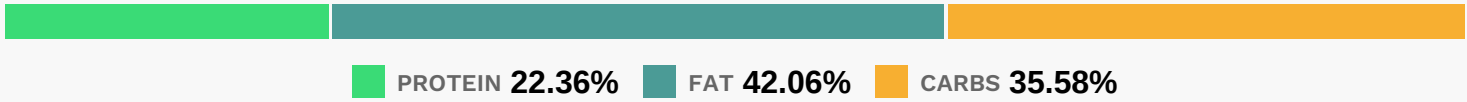
☐

dutch oven

## Directions

- ☐ Heat a large Dutch oven until hot over high heat.
- ☐ Add the ground beef, and cook until barely pink, stirring constantly to break into small pieces. Stir in onions and bell pepper, cook until the meat has browned, and the onions have softened and turned translucent, about 5 minutes.
- ☐ Pour meat into a large mesh strainer and press to expel excess fat.
- ☐ Place meat back into Dutch oven along with stewed tomatoes, kidney beans, tomato sauce, and pineapple chunks; season with chili powder and salt. Bring to a boil, then reduce heat to medium-low and simmer uncovered for 10 minutes, or until chili reaches desired consistency.

## Nutrition Facts



## Properties

Glycemic Index:15.6, Glycemic Load:6.79, Inflammation Score:-9, Nutrition Score:23.423913027929%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13.45mg, Quercetin: 13.45mg, Quercetin: 13.45mg, Quercetin: 13.45mg

## Nutrients (% of daily need)

Calories: 400.4kcal (20.02%), Fat: 19.18g (29.51%), Saturated Fat: 7.15g (44.7%), Carbohydrates: 36.51g (12.17%), Net Carbohydrates: 27.5g (10%), Sugar: 16.82g (18.68%), Cholesterol: 64.41mg (21.47%), Sodium: 1196.64mg (52.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.94g (45.88%), Vitamin C: 50.67mg (61.42%), Fiber: 9.01g (36.05%), Zinc: 4.88mg (32.52%), Vitamin B12: 1.94µg (32.36%), Vitamin B6: 0.64mg (31.96%), Vitamin A: 1596.02IU (31.92%), Phosphorus: 300.19mg (30.02%), Vitamin B3: 5.99mg (29.95%), Potassium: 1030.06mg (29.43%), Iron:

5.15mg (28.61%), Manganese: 0.51mg (25.35%), Selenium: 16.25µg (23.22%), Copper: 0.43mg (21.65%), Magnesium: 78.13mg (19.53%), Vitamin E: 2.8mg (18.69%), Vitamin B2: 0.32mg (18.65%), Vitamin B1: 0.28mg (18.55%), Folate: 64.02µg (16.01%), Vitamin K: 12.12µg (11.55%), Calcium: 108.68mg (10.87%), Vitamin B5: 0.98mg (9.84%)