



Hearty Lean Chili

 Gluten Free

READY IN



60 min.

SERVINGS



12

CALORIES



167 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound ground beef 95% lean
- ☐ 15 ounce tomato sauce canned
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 1 tablespoon chili powder
- ☐ 1 cup daisy brand cream light sour
- ☐ 1 teaspoon garlic minced
- ☐ 1 tablespoon ground cumin
- ☐ 30 ounce kidney beans light rinsed drained canned

- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon cracked pepper black
- ☐ 1 cup water
- ☐ 1 cup bell peppers green red yellow chopped orange, , , or

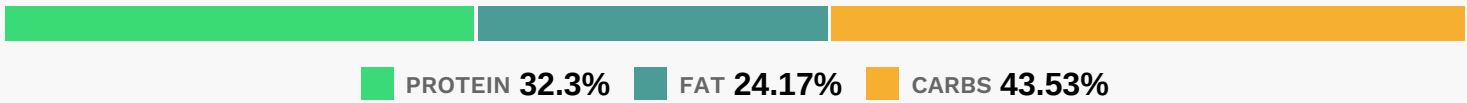
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ In a Dutch oven, over medium heat, cook and stir the ground beef, onion, pepper, and garlic until beef is no longer pink and the vegetables are crisp tender (8 to 9 minutes).
- ☐ Add the chili powder, cumin and pepper to the Dutch oven. Continue cooking for 1 minute.
- ☐ Add the kidney beans, tomato sauce, diced tomatoes, and water to the Dutch oven. Cook and stir until the chili comes to a boil (5 to 6 minutes). Reduce the heat to medium low. Continue cooking, stirring occasionally, for 25 to 30 minutes.
- ☐ Serve individual bowls of chili with a dollop of Daisy Sour Cream.
- ☐ Garnish with shredded cheese, avocado slices, and a few dashes of hot pepper sauce if desired.

Nutrition Facts



Properties

Glycemic Index:19.92, Glycemic Load:5.17, Inflammation Score:-6, Nutrition Score:12.860869646072%

Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 166.77kcal (8.34%), Fat: 4.62g (7.11%), Saturated Fat: 2.23g (13.96%), Carbohydrates: 18.73g (6.24%), Net Carbohydrates: 13.06g (4.75%), Sugar: 5.05g (5.61%), Cholesterol: 30.14mg (10.05%), Sodium: 449.2mg (19.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.9g (27.81%), Fiber: 5.68g (22.71%), Vitamin C: 17.46mg (21.17%), Phosphorus: 195.4mg (19.54%), Manganese: 0.38mg (19.02%), Zinc: 2.73mg (18.18%), Vitamin B6: 0.36mg (17.9%), Potassium: 626mg (17.89%), Iron: 3.11mg (17.28%), Vitamin B3: 3.39mg (16.94%), Vitamin B12: 0.93µg (15.45%), Copper: 0.27mg (13.43%), Magnesium: 49.39mg (12.35%), Selenium: 8.64µg (12.34%), Vitamin B2: 0.19mg (11.03%), Vitamin A: 540.43IU (10.81%), Vitamin B1: 0.15mg (10.07%), Vitamin E: 1.44mg (9.57%), Folate: 34.09µg (8.52%), Calcium: 79.98mg (8%), Vitamin K: 7.7µg (7.33%), Vitamin B5: 0.58mg (5.76%)