



Hearty Sausage-Bean Chili

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



7

CALORIES



613 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce chunky chili tomato sauce canned
- ☐ 0.8 pound ground round lean
- ☐ 30 ounce no-salt-added kidney beans dark red undrained canned
- ☐ 29 ounce no-salt-added stewed tomatoes undrained canned
- ☐ 1.5 cups onion frozen chopped
- ☐ 15 ounce no-salt-added pinto beans undrained canned
- ☐ 1 pound turkey breakfast sausage raw freshly ground

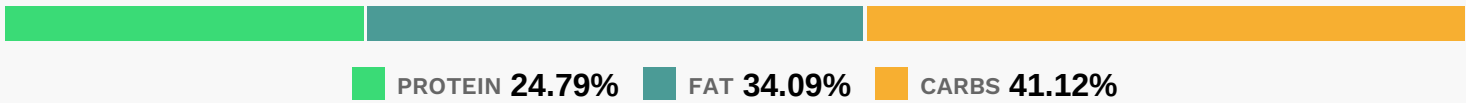
Equipment

☐ dutch oven

Directions

- ☐ Combine first 3 ingredients in a large Dutch oven. Cook over medium-high heat until meat is browned, stirring until it crumbles.
- ☐ Return sausage mixture to Dutch oven; add kidney beans and remaining ingredients. Bring to a boil; reduce heat, and simmer, uncovered, 20 minutes or until thickened, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:15.68, Glycemic Load:9.02, Inflammation Score:-8, Nutrition Score:32.688260845516%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 15.25mg, Quercetin: 15.25mg, Quercetin: 15.25mg, Quercetin: 15.25mg

Nutrients (% of daily need)

Calories: 613.27kcal (30.66%), Fat: 23.42g (36.03%), Saturated Fat: 7.9g (49.41%), Carbohydrates: 63.56g (21.19%), Net Carbohydrates: 45.88g (16.69%), Sugar: 12.92g (14.36%), Cholesterol: 78.24mg (26.08%), Sodium: 1274.39mg (55.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.32g (76.63%), Folate: 287.38µg (71.84%), Fiber: 17.67g (70.69%), Phosphorus: 502.58mg (50.26%), Manganese: 1mg (49.88%), Vitamin B6: 0.93mg (46.56%), Iron: 8.35mg (46.37%), Potassium: 1566.84mg (44.77%), Vitamin B1: 0.63mg (42.24%), Vitamin B3: 8.26mg (41.28%), Zinc: 5.95mg (39.66%), Copper: 0.68mg (33.91%), Magnesium: 127.48mg (31.87%), Vitamin C: 25.58mg (31%), Vitamin B12: 1.62µg (27.08%), Vitamin B2: 0.38mg (22.32%), Selenium: 14.25µg (20.36%), Vitamin E: 2.86mg (19.05%), Vitamin K: 19.68µg (18.74%), Calcium: 130.07mg (13.01%), Vitamin B5: 1.3mg (13%), Vitamin A: 599.79IU (12%), Vitamin D: 0.89µg (5.94%)