

Hot Chili Supper

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



509 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 29 ounce tomatoes diced with green peppers and onions canned
- ☐ 60 ounce tomato sauce canned
- ☐ 10 servings toppings: cheddar cheese shredded
- ☐ 30 ounce chili beans sauce hot undrained canned
- ☐ 3 tablespoons chili powder
- ☐ 1 teaspoon garlic minced
- ☐ 2 pounds ground beef
- ☐ 2 teaspoons ground pepper red

- ☐ 1 large onion diced
- ☐ 2 tablespoons oregano dried
- ☐ 1 tablespoon paprika

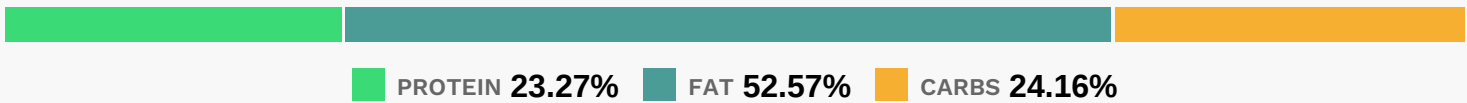
Equipment

- ☐ dutch oven

Directions

- ☐ Cook ground beef in a Dutch oven over medium heat, stirring until it crumbles and is no longer pink; rinse and drain. Return to Dutch oven.
- ☐ Add tomato sauce and next 8 ingredients. Bring to a boil; reduce heat, and simmer, stirring occasionally, 2 hours.
- ☐ Serve over pasta, if desired, with toppings.

Nutrition Facts



Properties

Glycemic Index:18.1, Glycemic Load:3.52, Inflammation Score:-10, Nutrition Score:29.496086939521%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

Nutrients (% of daily need)

Calories: 509.23kcal (25.46%), Fat: 30.37g (46.73%), Saturated Fat: 13.04g (81.49%), Carbohydrates: 31.41g (10.47%), Net Carbohydrates: 22.59g (8.22%), Sugar: 13.54g (15.05%), Cholesterol: 94.41mg (31.47%), Sodium: 1838.27mg (79.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.25g (60.49%), Phosphorus: 490.12mg (49.01%), Zinc: 7.28mg (48.55%), Vitamin A: 2383.67IU (47.67%), Vitamin B6: 0.91mg (45.43%), Potassium: 1417.03mg (40.49%), Iron: 6.82mg (37.88%), Vitamin B12: 2.27µg (37.8%), Selenium: 25.04µg (35.77%), Fiber: 8.82g (35.28%), Vitamin B2: 0.59mg (34.97%), Vitamin E: 5.21mg (34.72%), Vitamin B3: 6.88mg (34.38%), Calcium: 334.17mg (33.42%), Copper: 0.58mg (28.77%), Vitamin C: 22.55mg (27.34%), Magnesium: 106.06mg (26.51%),

Manganese: 0.39mg (19.58%), Vitamin K: 19.54µg (18.61%), Folate: 63.32µg (15.83%), Vitamin B5: 1.27mg (12.7%),
Vitamin B1: 0.18mg (11.9%), Vitamin D: 0.27µg (1.8%)