



## How to Make the Best Chili

 **Gluten Free**  **Dairy Free**

READY IN



130 min.

SERVINGS



8

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup bell pepper
- 0.3 cup bell pepper
- 15 oz kidney beans canned
- 0.3 tsp ground pepper
- 0.5 tbsp chili powder
- 1.5 tsp cumin
- 2 lbs ground beef lean
- 1.5 cups onion chopped

- 0.5 tsp oregano
- 1 tsp pepper black
- 1 can pinto beans
- 46 oz canned tomatoes canned
- 12 oz tomato paste with a 15oz can of tomato sauce canned
- 1 cup water
- 0.5 tsp granulated sugar white

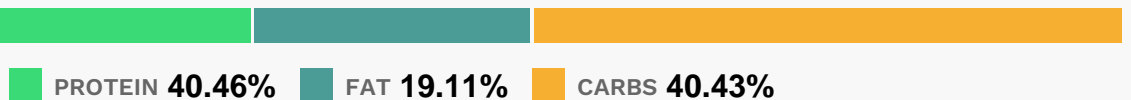
## Equipment

- frying pan
- pot

## Directions

- Brown the lean ground beef in a deep skillet. Cook over medium heat until cooked all the way through, and then drain.
- In a large pan over high heat add in all of your additional ingredients: cooked ground beef, tomato juice, kidney beans, pinto beans, water, tomato paste, chili powder, cumin, black pepper, oregano, sugar, cayenne pepper, bell pepper, and chopped onions. Bring to a boil.
- Once your large pot of chili has started to boil, lower the heat and simmer for 2 hours uncovered.

## Nutrition Facts



## Properties

Glycemic Index:49.2, Glycemic Load:9.78, Inflammation Score:-9, Nutrition Score:29.272608695652%

## Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg

## Taste

Sweetness: 80.66%, Saltiness: 100%, Sourness: 67.26%, Bitterness: 38.72%, Savoriness: 55.63%, Fattiness: 48.24%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 304.98kcal (15.25%), Fat: 6.75g (10.39%), Saturated Fat: 2.74g (17.13%), Carbohydrates: 32.15g (10.72%), Net Carbohydrates: 23.43g (8.52%), Sugar: 15.32g (17.02%), Cholesterol: 70.31mg (23.44%), Sodium: 774.02mg (33.65%), Protein: 32.17g (64.35%), Vitamin B3: 10.01mg (50.04%), Vitamin C: 38.95mg (47.22%), Zinc: 6.93mg (46.23%), Vitamin B6: 0.9mg (45.11%), Potassium: 1525.7mg (43.59%), Vitamin B12: 2.54µg (42.34%), Iron: 7.26mg (40.34%), Phosphorus: 383.73mg (38.37%), Manganese: 0.7mg (35.1%), Fiber: 8.71g (34.86%), Selenium: 23.86µg (34.09%), Copper: 0.65mg (32.49%), Vitamin E: 4.59mg (30.61%), Vitamin A: 1470.84IU (29.42%), Magnesium: 98.77mg (24.69%), Vitamin B2: 0.39mg (23.04%), Vitamin B1: 0.27mg (18.26%), Vitamin K: 18.29µg (17.42%), Folate: 56.53µg (14.13%), Vitamin B5: 1.39mg (13.86%), Calcium: 112.98mg (11.3%)