



Italian-Style Chili



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 29 oz tomatoes diced with green pepper, celery, and onion canned
- ☐ 16 oz tomato sauce canned
- ☐ 0.3 cup chili seasoning
- ☐ 1 bell pepper diced green
- ☐ 1 pound ground beef lean
- ☐ 1 small onion diced
- ☐ 1 pound pork sausage italian
- ☐ 2 small zucchini diced

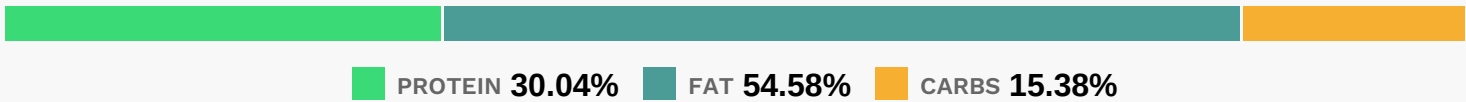
Equipment

☐ dutch oven

Directions

- ☐ Remove casings from sausage, and discard; brown sausage and ground beef in a Dutch oven over medium-high heat, stirring often, 4 to 5 minutes or until beef crumbles and is no longer pink; drain well. Return beef to Dutch oven; sprinkle evenly with seasoning mix, and saut 1 minute over medium-high heat.
- ☐ Stir in diced tomatoes and remaining ingredients; bring to a boil over medium-high heat, stirring occasionally. Cover, reduce heat to low, and simmer, stirring occasionally, 15 minutes.
- ☐ Serve chili over hot cooked spaghetti noodles tossed with olive oil and chopped fresh cilantro.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:1.42, Inflammation Score:-9, Nutrition Score:21.087826003199%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 305.3kcal (15.27%), Fat: 18.89g (29.06%), Saturated Fat: 6.44g (40.24%), Carbohydrates: 11.98g (3.99%), Net Carbohydrates: 7.83g (2.85%), Sugar: 6.4g (7.11%), Cholesterol: 75.98mg (25.33%), Sodium: 819.95mg (35.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.39g (46.79%), Vitamin A: 2738.91IU (54.78%), Vitamin B3: 7.74mg (38.71%), Vitamin C: 31.85mg (38.61%), Vitamin B6: 0.75mg (37.68%), Zinc: 4.71mg (31.39%), Vitamin B12: 1.75µg (29.2%), Potassium: 916.79mg (26.19%), Iron: 4.65mg (25.83%), Phosphorus: 254.49mg (25.45%), Vitamin E: 3.18mg (21.22%), Vitamin B2: 0.34mg (20.2%), Vitamin B1: 0.28mg (18.64%), Fiber: 4.15g (16.58%), Selenium: 10.69µg (15.28%), Manganese: 0.3mg (15.08%), Magnesium: 55.9mg (13.98%), Copper: 0.28mg (13.91%), Vitamin B5: 1.24mg (12.4%), Vitamin K: 10.98µg (10.46%), Folate: 29.16µg (7.29%), Calcium: 68.53mg

(6.85%), Vitamin D: 0.79µg (5.29%)