

Italian Style Chili

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon beef bouillon from cube
- ☐ 14.5 ounce kidney beans drained and rinsed canned
- ☐ 4 ounce mushrooms sliced canned
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 1 tablespoon chili powder
- ☐ 1 pound ground beef lean
- ☐ 0.8 cup onion chopped
- ☐ 2 ounces pepperoni sliced

- ☐ 1 cup cheddar cheese shredded for garnish
- ☐ 26 ounce three cheese spaghetti sauce
- ☐ 2 teaspoons sugar
- ☐ 1.5 cups water

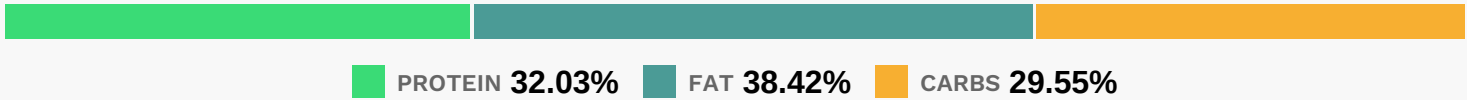
Equipment

- ☐ pot

Directions

- ☐ Crumble ground beef into a large stock pot over medium-high heat.
- ☐ Add onions, and cook, stirring, until beef is evenly browned.
- ☐ Drain grease, if necessary.
- ☐ Pour in the spaghetti sauce, water, sugar, tomatoes, mushrooms, pepperoni, bouillon, chili powder and kidney beans. Bring to a boil. Reduce heat, and simmer uncovered for 30 minutes, stirring occasionally, to blend flavors.

Nutrition Facts



Properties

Glycemic Index:47.85, Glycemic Load:8.4, Inflammation Score:-8, Nutrition Score:24.521304379339%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 356.73kcal (17.84%), Fat: 15.64g (24.06%), Saturated Fat: 7.17g (44.8%), Carbohydrates: 27.07g (9.02%), Net Carbohydrates: 19.04g (6.92%), Sugar: 11.43g (12.7%), Cholesterol: 74.87mg (24.96%), Sodium: 1285.62mg (55.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.34g (58.69%), Phosphorus: 401.18mg (40.12%), Zinc: 5.88mg (39.22%), Vitamin B3: 7.53mg (37.63%), Selenium: 24.3µg (34.71%), Vitamin B6: 0.69mg (34.26%), Vitamin B12: 2.02µg (33.63%), Potassium: 1126.63mg (32.19%), Fiber: 8.03g (32.13%), Iron: 5.31mg (29.49%), Manganese: 0.59mg (29.34%), Copper: 0.52mg (25.77%), Vitamin A: 1263.67IU (25.27%), Vitamin B2: 0.41mg (24.3%), Vitamin E:

3.6mg (24.03%), Calcium: 215.13mg (21.51%), Magnesium: 83.56mg (20.89%), Vitamin C: 16.94mg (20.53%), Vitamin B1: 0.24mg (16.28%), Vitamin B5: 1.52mg (15.24%), Folate: 52.47µg (13.12%), Vitamin K: 12.6µg (12%), Vitamin D: 0.35µg (2.33%)