



Jamie's Chili

READY IN



270 min.

SERVINGS



10

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce black beans drained and rinsed canned
- ☐ 56 ounce tomatoes diced canned
- ☐ 14.5 ounce kidney beans drained and rinsed canned
- ☐ 14.5 ounce pinto beans drained and rinsed canned
- ☐ 28 ounce canned tomatoes whole peeled canned
- ☐ 2 cups celery chopped
- ☐ 10 servings cheddar shredded sour chopped for garnish
- ☐ 10 servings chili powder
- ☐ 1 package chili seasoning

- ☐ 1 bell pepper diced green
- ☐ 1 pound ground beef and sausage mixed drained
- ☐ 10 servings ground cumin
- ☐ 1 medium onion diced

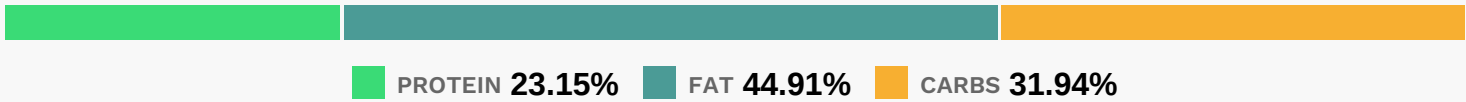
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ In a skillet brown ground beef and sausage, drain and set aside.
- ☐ Spray large pot with nonstick cooking spray and heat over medium heat.
- ☐ Add the onion, green pepper, and celery and saute briefly. Stir in the diced and whole tomatoes.
- ☐ Add cumin and chili powder, to taste, and cook for about 8 minutes or until vegetables are tender.
- ☐ Add the beans, browned meat, and chili seasoning. Partially cover, and let simmer for 4 hours.
- ☐ Serve with Cheddar cheese, sour cream, and green onions.

Nutrition Facts



Properties

Glycemic Index:21.3, Glycemic Load:4.56, Inflammation Score:-8, Nutrition Score:25.286521787229%

Flavonoids

Apigenin: 0.6mg, Apigenin: 0.6mg, Apigenin: 0.6mg, Apigenin: 0.6mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 401.79kcal (20.09%), Fat: 20.67g (31.79%), Saturated Fat: 9.48g (59.24%), Carbohydrates: 33.07g (11.02%), Net Carbohydrates: 22.24g (8.09%), Sugar: 8.15g (9.05%), Cholesterol: 62.21mg (20.74%), Sodium: 991.88mg (43.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.98g (47.95%), Fiber: 10.84g (43.34%), Vitamin C: 34.97mg (42.39%), Phosphorus: 401.82mg (40.18%), Calcium: 367.65mg (36.77%), Iron: 6.27mg (34.84%), Manganese: 0.66mg (32.77%), Potassium: 1088.77mg (31.11%), Vitamin B6: 0.62mg (31.03%), Zinc: 4.24mg (28.24%), Vitamin A: 1370.77IU (27.42%), Vitamin B2: 0.46mg (26.76%), Selenium: 17.12µg (24.46%), Magnesium: 93.62mg (23.41%), Vitamin B3: 4.62mg (23.09%), Copper: 0.46mg (22.82%), Vitamin B12: 1.29µg (21.48%), Folate: 85.42µg (21.35%), Vitamin E: 3.2mg (21.33%), Vitamin K: 20.08µg (19.13%), Vitamin B1: 0.29mg (19.04%), Vitamin B5: 0.91mg (9.13%), Vitamin D: 0.23µg (1.5%)