

Jeff's Hot Dog Chili



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



228 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce tomato sauce canned
- ☐ 2.5 teaspoons chili powder
- ☐ 1 pound ground beef
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 cup catsup
- ☐ 0.5 teaspoon onion powder
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup water

- ☐ 0.5 teaspoon sugar white
- ☐ 1 dash worcestershire sauce

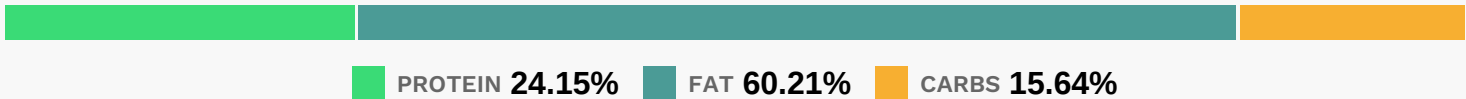
Equipment

- ☐ sauce pan
- ☐ potato masher

Directions

- ☐ Place ground beef in a large saucepan with water and mash the beef with a potato masher to break apart. Stir in tomato sauce, ketchup, chili powder, salt, black pepper, sugar, onion powder, and Worcestershire sauce. Bring to a boil and cook over medium heat until the chili has thickened slightly and the beef is fully cooked, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:24.52, Glycemic Load:1.06, Inflammation Score:-4, Nutrition Score:9.6408695034359%

Flavonoids

Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 228.31kcal (11.42%), Fat: 15.41g (23.71%), Saturated Fat: 5.85g (36.54%), Carbohydrates: 9.01g (3%), Net Carbohydrates: 7.88g (2.87%), Sugar: 6.36g (7.07%), Cholesterol: 53.68mg (17.89%), Sodium: 666.45mg (28.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.9g (27.8%), Vitamin B12: 1.62µg (26.96%), Zinc: 3.34mg (22.3%), Vitamin B3: 4.05mg (20.25%), Selenium: 11.97µg (17.1%), Vitamin B6: 0.34mg (17.06%), Phosphorus: 140.8mg (14.08%), Potassium: 422.13mg (12.06%), Iron: 2.17mg (12.04%), Vitamin A: 555.32IU (11.11%), Vitamin B2: 0.18mg (10.84%), Vitamin E: 1.6mg (10.68%), Copper: 0.13mg (6.58%), Magnesium: 24.41mg (6.1%), Manganese: 0.12mg (5.8%), Vitamin B5: 0.55mg (5.46%), Vitamin C: 4.19mg (5.08%), Fiber: 1.13g (4.5%), Vitamin K: 4.45µg (4.23%), Vitamin B1: 0.05mg (3.28%), Folate: 11.73µg (2.93%), Calcium: 28.05mg (2.8%)