

## JRay's Chili

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

READY IN



**100 min.**

SERVINGS



**10**

CALORIES



**335 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 stalks celery chopped
- 0.3 cup chili seasoning
- 3 tablespoons bacon crumbled cooked
- 1 tablespoon basil fresh chopped
- 3 cloves garlic pressed
- 2 pounds ground beef
- 1 teaspoon ground pepper black
- 1 jalapeno chopped

- 0.5 onion chopped
- 1 tablespoon oregano fresh chopped
- 1 bell pepper red seeded chopped
- 15 ounce kidney beans light red drained and rinsed canned
- 8 ounce salsa
- 1 teaspoon salt
- 2.5 cups tomato sauce
- 1 teaspoon sugar white

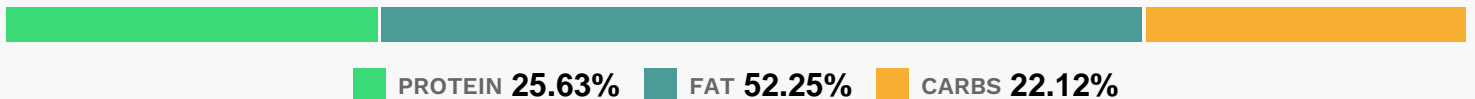
## Equipment

- pot

## Directions

- Break ground beef into a large stock pot over medium-high heat; cook and stir until completely browned, 7 to 10 minutes.
- Drain fat from the beef and return pot to heat.
- Stir tomato sauce, light red kidney beans, dark red kidney beans, salsa, celery, onion, bell pepper, jalapeno pepper, chili seasoning, bacon, garlic, oregano, basil, salt, black pepper, and sugar with the ground beef in the pot.
- Place a cover on the pot and cook the chili until the flavors have blended, at least 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:42.14, Glycemic Load:3.9, Inflammation Score:-9, Nutrition Score:20.296956733517%

## Flavonoids

Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

4.18mg, Quercetin: 4.18mg

## Nutrients (% of daily need)

Calories: 335.28kcal (16.76%), Fat: 19.77g (30.42%), Saturated Fat: 7.36g (45.99%), Carbohydrates: 18.82g (6.27%), Net Carbohydrates: 12.55g (4.56%), Sugar: 4.84g (5.38%), Cholesterol: 66.49mg (22.16%), Sodium: 781.07mg (33.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.82g (43.64%), Vitamin A: 2166.61IU (43.33%), Vitamin B12: 1.96µg (32.74%), Zinc: 4.69mg (31.29%), Vitamin B6: 0.59mg (29.31%), Vitamin B3: 5.65mg (28.23%), Vitamin C: 23.25mg (28.19%), Iron: 4.6mg (25.56%), Phosphorus: 254.62mg (25.46%), Fiber: 6.28g (25.1%), Potassium: 809.8mg (23.14%), Selenium: 16.18µg (23.12%), Manganese: 0.45mg (22.45%), Folate: 81.97µg (20.49%), Vitamin E: 2.71mg (18.04%), Vitamin K: 18.7µg (17.81%), Vitamin B2: 0.27mg (15.75%), Magnesium: 58.16mg (14.54%), Copper: 0.28mg (14.17%), Vitamin B1: 0.17mg (11.02%), Vitamin B5: 0.97mg (9.67%), Calcium: 67.64mg (6.76%)