



Kielbasa Chili

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



7

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 ounces tomatoes diced undrained canned
- 15 ounces chili with beans canned
- 2.3 ounces olives ripe drained sliced canned
- 1 pound kielbasa halved sliced johnsonville®
- 8.8 ounces corn whole drained canned

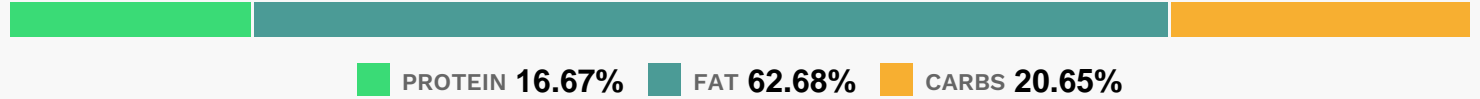
Equipment

- dutch oven

Directions

In a Dutch oven coated with cooking spray, saute kielbasa until browned. Stir in the remaining ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 4–5 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.3, Inflammation Score:-5, Nutrition Score:13.213478337164%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 338kcal (16.9%), Fat: 23.99g (36.91%), Saturated Fat: 8.41g (52.53%), Carbohydrates: 17.79g (5.93%), Net Carbohydrates: 13.68g (4.98%), Sugar: 3.47g (3.86%), Cholesterol: 55.69mg (18.56%), Sodium: 1246.82mg (54.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.36g (28.71%), Vitamin B1: 0.41mg (27.51%), Iron: 4.24mg (23.55%), Phosphorus: 218.12mg (21.81%), Zinc: 2.73mg (18.18%), Potassium: 633.43mg (18.1%), Selenium: 12.45µg (17.79%), Vitamin B3: 3.55mg (17.77%), Vitamin B6: 0.33mg (16.6%), Fiber: 4.11g (16.43%), Vitamin C: 12.83mg (15.55%), Magnesium: 53.78mg (13.45%), Vitamin B2: 0.23mg (13.41%), Vitamin B5: 1.29mg (12.9%), Copper: 0.23mg (11.48%), Manganese: 0.22mg (11.02%), Vitamin B12: 0.63µg (10.58%), Vitamin E: 1.43mg (9.56%), Folate: 34.89µg (8.72%), Calcium: 76.93mg (7.69%), Vitamin A: 373.21IU (7.46%), Vitamin K: 4.57µg (4.35%)