



## Meat Lover's Chili

 Gluten Free  Dairy Free

READY IN



98 min.

SERVINGS



17

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 14 oz beef broth canned
- 56 oz tomatoes diced undrained canned
- 45 oz pinto beans rinsed drained canned
- 0.5 cup chili powder
- 3 tablespoons garlic minced
- 1 large bell pepper green chopped
- 3 pounds ground beef
- 1 tablespoon ground cumin

- 3 medium onions chopped
- 1 tablespoon oregano dried
- 1.5 teaspoons salt

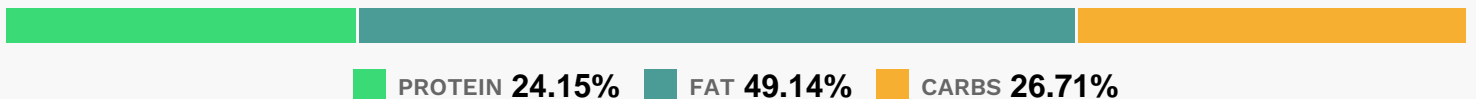
## Equipment

- frying pan
- dutch oven

## Directions

- Brown beef in a large Dutch oven over medium heat.
- Drain beef, reserving 1/4 cup drippings in pan.
- Add onion, bell pepper, and garlic to drippings; saut over medium-high heat 6 to 8 minutes or until vegetables are tender. Return beef to Dutch oven.
- Stir in chili powder and cumin; cook over medium heat 3 minutes, stirring occasionally. Stir in beef broth and next 3 ingredients. Reduce heat, and simmer, covered, 50 minutes, stirring occasionally.
- Add pinto beans, and cook 20 more minutes.

## Nutrition Facts



## Properties

Glycemic Index:7.18, Glycemic Load:4.14, Inflammation Score:-9, Nutrition Score:20.30304333438%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg

## Nutrients (% of daily need)

Calories: 315.88kcal (15.79%), Fat: 17.73g (27.28%), Saturated Fat: 6.47g (40.43%), Carbohydrates: 21.68g (7.23%), Net Carbohydrates: 14.19g (5.16%), Sugar: 4.58g (5.09%), Cholesterol: 56.83mg (18.94%), Sodium: 796.42mg (34.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.6g (39.21%), Vitamin A: 2218.14IU (44.36%), Vitamin B6: 0.63mg (31.64%), Fiber: 7.49g (29.97%), Iron: 5.25mg (29.15%), Vitamin B12: 1.73µg (28.82%), Zinc: 4.28mg (28.56%), Vitamin E: 4.15mg (27.67%), Vitamin B3: 5.35mg (26.74%), Manganese: 0.53mg (26.33%), Phosphorus: 249.08mg (24.91%), Potassium: 808.05mg (23.09%), Vitamin C: 18.93mg (22.94%), Selenium: 14.01µg (20.02%), Copper: 0.33mg (16.38%), Magnesium: 64.83mg (16.21%), Vitamin B2: 0.26mg (15.55%), Vitamin K: 15.74µg (14.99%), Calcium: 119.09mg (11.91%), Vitamin B1: 0.15mg (10.22%), Folate: 38.93µg (9.73%), Vitamin B5: 0.73mg (7.25%)