



Meaty Thick Man Chili

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

READY IN

ready

60 min.

SERVINGS

servings

12

CALORIES

calories

350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce kidney beans rinsed drained canned
- ☐ 20 ounce tomato sauce canned
- ☐ 0.8 cup chili powder
- ☐ 2 cloves garlic chopped
- ☐ 1 bell pepper green seeded chopped
- ☐ 5 pounds ground beef lean
- ☐ 1 medium onion chopped
- ☐ 1 bell pepper red seeded chopped

☐ 1 cup water

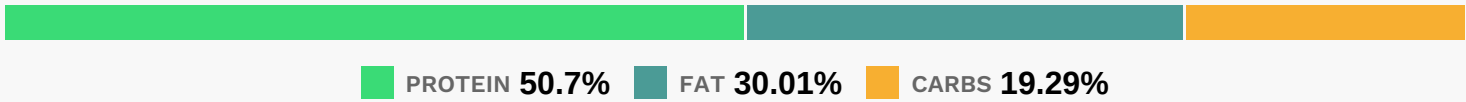
Equipment

☐ pot

Directions

- ☐ Place the ground beef in a large pot over medium–high heat. Cook, stirring to crumble, until evenly browned.
- ☐ Drain off grease.
- ☐ Place the pot over medium heat, and add the onion, garlic, green pepper, red pepper and kidney beans. Cook and stir for a few minutes. Stir in the tomato sauce and water, and season with chili powder. Simmer over low heat for 40 minutes uncovered.

Nutrition Facts



Properties

Glycemic Index:16.33, Glycemic Load:2.96, Inflammation Score:-10, Nutrition Score:35.492608599041%

Flavonoids

Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 349.64kcal (17.48%), Fat: 11.89g (18.29%), Saturated Fat: 4.68g (29.24%), Carbohydrates: 17.19g (5.73%), Net Carbohydrates: 8.92g (3.24%), Sugar: 4.45g (4.94%), Cholesterol: 117.18mg (39.06%), Sodium: 684.05mg (29.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.19g (90.37%), Vitamin A: 4936.27IU (98.73%), Zinc: 10.64mg (70.94%), Vitamin B12: 4.23µg (70.56%), Vitamin B3: 12.9mg (64.5%), Vitamin B6: 1.19mg (59.67%), Selenium: 36.7µg (52.43%), Phosphorus: 476.88mg (47.69%), Vitamin E: 7.05mg (47.01%), Iron: 8.06mg (44.76%), Potassium: 1228.4mg (35.1%), Fiber: 8.28g (33.1%), Vitamin C: 25.2mg (30.54%), Vitamin B2: 0.51mg (30.12%), Manganese: 0.47mg (23.37%), Magnesium: 84.75mg (21.19%), Copper: 0.42mg (20.81%), Vitamin K: 20.24µg (19.27%), Vitamin B5: 1.59mg (15.92%), Vitamin B1: 0.18mg (11.97%), Calcium: 87.99mg (8.8%), Folate: 34.37µg (8.59%), Vitamin D: 0.19µg (1.26%)