



Melanie's Chili



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce pinto beans canned
- ☐ 15 ounce tomato sauce canned
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 1 teaspoon chili powder
- ☐ 1 teaspoon garlic minced
- ☐ 1 pound ground beef
- ☐ 0.5 teaspoon ground pepper
- ☐ 1 teaspoon ground cumin

☐ 1 onion chopped

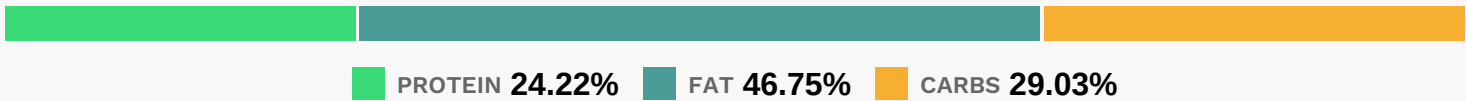
Equipment

☐ sauce pan

Directions

☐ In a large saucepan over medium-high heat, cook beef and onion until meat is no longer pink. Stir in tomatoes, tomato sauce, beans, chili powder, cumin, cayenne and garlic. Cover, reduce heat and simmer 20 minutes.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:6.66, Inflammation Score:-7, Nutrition Score:17.009130312049%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 303.74kcal (15.19%), Fat: 16.12g (24.8%), Saturated Fat: 5.97g (37.33%), Carbohydrates: 22.52g (7.51%), Net Carbohydrates: 16.16g (5.88%), Sugar: 7.14g (7.93%), Cholesterol: 53.68mg (17.89%), Sodium: 686.53mg (29.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.79g (37.58%), Vitamin B12: 1.62µg (26.96%), Zinc: 4mg (26.64%), Vitamin B6: 0.51mg (25.65%), Fiber: 6.36g (25.44%), Vitamin B3: 5.03mg (25.15%), Manganese: 0.5mg (25.06%), Iron: 4.49mg (24.93%), Potassium: 868.59mg (24.82%), Phosphorus: 239.29mg (23.93%), Copper: 0.39mg (19.55%), Vitamin E: 2.81mg (18.73%), Selenium: 12.44µg (17.77%), Magnesium: 66.06mg (16.52%), Vitamin C: 13.46mg (16.32%), Vitamin B2: 0.22mg (12.76%), Vitamin A: 627.01IU (12.54%), Folate: 42.52µg (10.63%), Vitamin B1: 0.15mg (10.21%), Vitamin B5: 0.92mg (9.2%), Calcium: 91.93mg (9.19%), Vitamin K: 9.15µg (8.71%)