



Mexican bean chilli



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 onion diced
- ☐ 1 bell pepper diced red
- ☐ 1 tbsp olive oil
- ☐ 1 tsp chilli powder
- ☐ 500 g beef mince
- ☐ 415 g baked beans canned
- ☐ 150 ml beef stock
- ☐ 1 tbsp chipotle paste

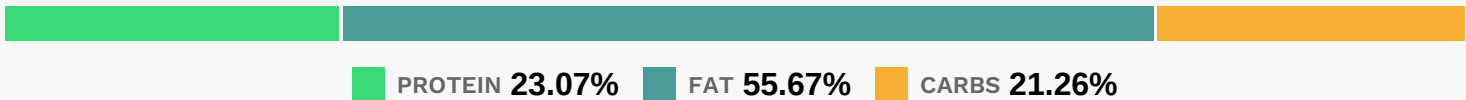
☐ 1 leaves coriander rice and yogurt

Equipment

Directions

- ☐ Fry the onion and red pepper in olive oil over a medium heat for 10–15 mins or until softened. Increase the heat, add the chilli powder and cook for a few minutes before adding the mince. Cook until browned and all the liquid has evaporated.
- ☐ Tip in the baked beans, beef stock and chipotle paste. Simmer over a low heat for 15–20 mins. Season, scatter with coriander leaves and serve with rice and yogurt.

Nutrition Facts



Properties

Glycemic Index:40.71, Glycemic Load:7.48, Inflammation Score:-8, Nutrition Score:22.31478253914%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 484.91kcal (24.25%), Fat: 30.36g (46.7%), Saturated Fat: 10.76g (67.22%), Carbohydrates: 26.09g (8.7%), Net Carbohydrates: 19.06g (6.93%), Sugar: 2.67g (2.97%), Cholesterol: 96.01mg (32%), Sodium: 602.08mg (26.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.3g (56.6%), Vitamin C: 42.19mg (51.15%), Zinc: 6.96mg (46.38%), Vitamin B12: 2.67µg (44.58%), Selenium: 24.43µg (34.89%), Phosphorus: 339.37mg (33.94%), Vitamin B3: 6.48mg (32.42%), Vitamin B6: 0.63mg (31.26%), Fiber: 7.04g (28.15%), Iron: 4.62mg (25.64%), Potassium: 844.87mg (24.14%), Manganese: 0.47mg (23.5%), Vitamin A: 1132.16IU (22.64%), Vitamin B2: 0.3mg (17.54%), Copper: 0.34mg (17.07%), Magnesium: 66.58mg (16.64%), Folate: 65.98µg (16.49%), Vitamin E: 1.75mg (11.69%), Vitamin B1: 0.15mg (10.12%), Calcium: 91.27mg (9.13%), Vitamin B5: 0.87mg (8.68%), Vitamin K: 6.68µg (6.36%)