



Minnesota Golf Course Chili



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 ounce kidney beans undrained canned
- ☐ 28 ounce canned tomatoes canned
- ☐ 3 stalks celery chopped
- ☐ 1 tablespoon chili powder
- ☐ 1 teaspoon garlic crushed
- ☐ 1 bell pepper green chopped
- ☐ 1.5 pounds ground beef
- ☐ 1 onion chopped

- ☐ 8 servings salt and pepper to taste
- ☐ 6 ounce tomato paste canned
- ☐ 1 tablespoon sugar white

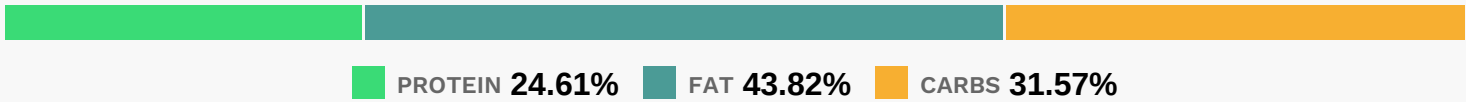
Equipment

- ☐ pot

Directions

- ☐ In a large pot over medium heat, cook beef until brown. Stir in celery, bell pepper, onion, garlic, tomatoes, tomato paste, sugar, water and beans. Season with chili powder, salt and pepper. Reduce heat and simmer 1 hour.

Nutrition Facts



Properties

Glycemic Index:37.14, Glycemic Load:9.21, Inflammation Score:-7, Nutrition Score:21.061304354149%

Flavonoids

Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 360.42kcal (18.02%), Fat: 17.94g (27.61%), Saturated Fat: 6.7g (41.86%), Carbohydrates: 29.08g (9.69%), Net Carbohydrates: 20.08g (7.3%), Sugar: 9.98g (11.09%), Cholesterol: 60.38mg (20.13%), Sodium: 711.44mg (30.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.67g (45.34%), Fiber: 9.01g (36.02%), Vitamin B6: 0.63mg (31.35%), Zinc: 4.65mg (31%), Vitamin C: 25.5mg (30.91%), Manganese: 0.61mg (30.68%), Vitamin B12: 1.82µg (30.33%), Phosphorus: 299.76mg (29.98%), Vitamin B3: 5.85mg (29.23%), Potassium: 965.24mg (27.58%), Iron: 4.84mg (26.87%), Copper: 0.46mg (23.02%), Selenium: 15.05µg (21.49%), Magnesium: 76.55mg (19.14%), Vitamin K: 18.89µg (17.99%), Vitamin B1: 0.26mg (17.39%), Vitamin B2: 0.29mg (16.84%), Vitamin E: 2.36mg (15.71%), Folate: 59.05µg (14.76%), Vitamin A: 678.24IU (13.56%), Calcium: 101.87mg (10.19%), Vitamin B5: 0.98mg (9.8%)