



My Chili

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

READY IN



45 min.

SERVINGS



10

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce kidney beans with liquid canned
- 15 ounce tomato sauce canned
- 2 tablespoons chili powder
- 4 cloves garlic minced
- 2 pounds ground beef
- 2 onion chopped
- 2 teaspoons oregano dried
- 2 teaspoons salt

58 ounce stewed tomatoes canned

Equipment

pot

Directions

Combine ground beef, onion, and garlic in large stockpot. Cook and stir over medium heat until beef is brown.

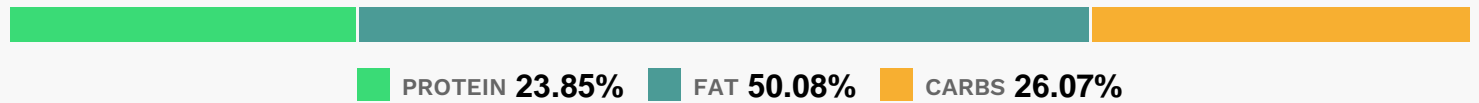
Drain.

Stir in chili powder, salt, oregano, tomatoes, and tomato sauce; break up tomatoes while stirring.

Heat to boiling, reduce heat to simmer, and cover. Cook, stirring occasionally, for 1 hour.

Stir in beans. Simmer, uncovered, for 20 minutes; stir occasionally.

Nutrition Facts



Properties

Glycemic Index:15.9, Glycemic Load:3.41, Inflammation Score:-8, Nutrition Score:18.505217329316%

Flavonoids

Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 333.99kcal (16.7%), Fat: 19.01g (29.25%), Saturated Fat: 7.11g (44.42%), Carbohydrates: 22.27g (7.42%), Net Carbohydrates: 16.6g (6.04%), Sugar: 9.16g (10.18%), Cholesterol: 64.41mg (21.47%), Sodium: 1227.11mg (53.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.37g (40.74%), Vitamin B12: 1.94µg (32.36%), Zinc: 4.56mg (30.41%), Iron: 5.38mg (29.9%), Vitamin B3: 5.88mg (29.39%), Potassium: 895.43mg (25.58%), Phosphorus: 246.39mg (24.64%), Vitamin B6: 0.48mg (23.78%), Selenium: 15.94µg (22.78%), Fiber: 5.66g (22.65%), Vitamin C: 18.33mg (22.22%), Vitamin E: 3.05mg (20.31%), Copper: 0.38mg (19.1%), Vitamin A: 948.7IU (18.97%), Manganese: 0.37mg (18.61%), Vitamin B2: 0.27mg (16.02%), Magnesium: 60.27mg (15.07%), Vitamin B1: 0.19mg (12.48%), Vitamin K: 12.8µg (12.19%), Calcium: 109.71mg (10.97%), Vitamin B5: 0.88mg (8.82%), Folate: 35.07µg (8.77%)