



Old-Fashioned Chili

 Gluten Free

READY IN



485 min.

SERVINGS



4

CALORIES



569 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 19 oz beans red drained canned
- ☐ 28 oz canned tomatoes with liquid chopped canned
- ☐ 2 tablespoons chili powder
- ☐ 1 pound ground beef
- ☐ 2 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 4 servings salt and pepper
- ☐ 4 servings cream sour

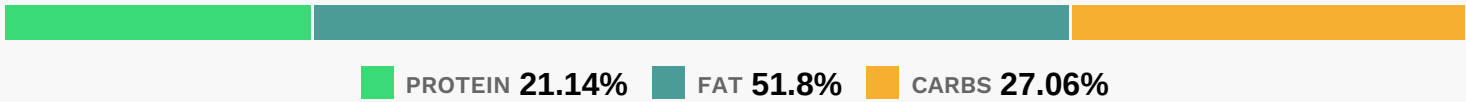
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ In a large skillet, warm oil over medium-high heat.
- ☐ Add onion and chili powder. Cook, stirring often, until softened, 3 to 5 minutes.
- ☐ Add beef, salt and pepper and cook, stirring, until crumbly and no longer pink, about 5 minutes.
- ☐ Transfer contents of skillet to a slow cooker.
- ☐ Add tomatoes and beans. Stir well, cover and cook on low for 8 hours. Top chili with condiments such as shredded cheese, sliced jalapeos, diced onions and sour cream.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:11.31, Inflammation Score:-9, Nutrition Score:30.376956348834%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 568.53kcal (28.43%), Fat: 33.65g (51.76%), Saturated Fat: 11.17g (69.79%), Carbohydrates: 39.55g (13.18%), Net Carbohydrates: 26.78g (9.74%), Sugar: 13.09g (14.54%), Cholesterol: 87.59mg (29.2%), Sodium: 947.01mg (41.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.89g (61.78%), Fiber: 12.77g (51.07%), Vitamin B6: 0.89mg (44.67%), Manganese: 0.87mg (43.58%), Zinc: 6.37mg (42.46%), Vitamin B3: 8.39mg (41.95%), Phosphorus: 414.51mg (41.45%), Vitamin B12: 2.45µg (40.87%), Iron: 7.26mg (40.34%), Potassium: 1371mg (39.17%), Vitamin E: 5.56mg (37.05%), Copper: 0.68mg (34.17%), Vitamin A: 1687.97IU (33.76%), Selenium: 21.08µg (30.11%), Magnesium: 109.28mg (27.32%), Vitamin C: 21.51mg (26.07%), Vitamin K: 26.81µg (25.54%), Vitamin B2: 0.43mg

(25.08%), Vitamin B1: 0.37mg (24.36%), Folate: 75.81µg (18.95%), Calcium: 158.77mg (15.88%), Vitamin B5: 1.41mg (14.06%)