



Our Secret Chili

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 oz baker's chocolate unsweetened
- 30 oz black beans rinsed drained canned
- 45 oz tomatoes diced chili-style undrained canned
- 15 oz kidney beans rinsed drained canned
- 1 lb ground beef lean
- 2 cups cheddar cheese shredded kraft

Equipment

- sauce pan

Directions

- Cook chicken in large saucepan on medium-high heat until cooked through, stirring occasionally.
- Add tomatoes, beans and chocolate; mix well. Bring to a boil. Reduce heat to low; simmer 10 minutes, stirring occasionally.
- Top each serving with 1/4 cup cheese.

Nutrition Facts



Properties

Glycemic Index:9.88, Glycemic Load:2.82, Inflammation Score:-7, Nutrition Score:24.103478068891%

Flavonoids

Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 377.6kcal (18.88%), Fat: 15g (23.08%), Saturated Fat: 7.99g (49.96%), Carbohydrates: 33.61g (11.2%), Net Carbohydrates: 21.28g (7.74%), Sugar: 4.9g (5.45%), Cholesterol: 63.4mg (21.13%), Sodium: 995.37mg (43.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.61g (59.22%), Fiber: 12.34g (49.34%), Phosphorus: 457.28mg (45.73%), Zinc: 5.39mg (35.94%), Iron: 6.24mg (34.68%), Manganese: 0.68mg (34.07%), Calcium: 310.47mg (31.05%), Selenium: 20.27µg (28.96%), Potassium: 1012.78mg (28.94%), Copper: 0.56mg (27.99%), Vitamin B2: 0.47mg (27.66%), Vitamin B3: 5.23mg (26.17%), Vitamin B12: 1.57µg (26.16%), Vitamin B6: 0.52mg (26.04%), Magnesium: 102.39mg (25.6%), Folate: 101.19µg (25.3%), Vitamin C: 18.13mg (21.97%), Vitamin B1: 0.31mg (20.91%), Vitamin E: 1.48mg (9.87%), Vitamin A: 473.89IU (9.48%), Vitamin B5: 0.94mg (9.4%), Vitamin K: 8µg (7.61%), Vitamin D: 0.23µg (1.51%)