



Pronto Beef Chili

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon cumin seed
- ☐ 2 cloves garlic minced pressed peeled
- ☐ 6 servings green onions thinly sliced (including tops)
- ☐ 6 servings cup heavy whipping cream sour reduced-fat
- ☐ 0.5 lb onion peeled chopped
- ☐ 2 lb boned beef pot roast with gravy cooked
- ☐ 19 oz enchilada sauce red canned (also called chili sauce)

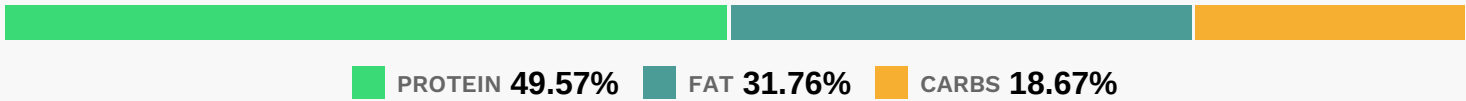
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a 10- to 12-inch nonstick frying pan over medium-high heat, stir onion, garlic, and cumin seed until onion is limp, about 5 minutes.
- ☐ Add enchilada sauce and stir until simmering.
- ☐ Discard any solidified fat from beef and sauce. Scrape sauce from meat and stir into enchilada sauce mixture.
- ☐ Cut beef into 3/4-inch cubes and add to pan; cover, reduce heat to medium-low, and simmer, stirring occasionally, until beef is hot, 5 to 8 minutes.
- ☐ Spoon chili into bowls.
- ☐ Serve with sour cream and green onions to add to taste.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:0.97, Inflammation Score:-7, Nutrition Score:19.578695571941%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.33mg, Quercetin: 8.33mg, Quercetin: 8.33mg, Quercetin: 8.33mg

Nutrients (% of daily need)

Calories: 298.49kcal (14.92%), Fat: 10.31g (15.86%), Saturated Fat: 4.44g (27.77%), Carbohydrates: 13.63g (4.54%), Net Carbohydrates: 11.25g (4.09%), Sugar: 7.8g (8.67%), Cholesterol: 106.68mg (35.56%), Sodium: 913.34mg (39.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.19g (72.38%), Zinc: 8.52mg (56.81%), Vitamin B12: 3.29µg (54.85%), Selenium: 38.17µg (54.53%), Vitamin B6: 0.81mg (40.35%), Vitamin B3: 8.01mg (40.04%), Phosphorus: 337.32mg (33.73%), Iron: 4.02mg (22.31%), Potassium: 634.57mg (18.13%), Vitamin B2: 0.3mg (17.65%), Vitamin A: 742.41IU (14.85%), Vitamin K: 14.54µg (13.85%), Magnesium: 43.63mg (10.91%), Vitamin B5: 1.05mg (10.46%), Vitamin B1: 0.15mg (10.05%), Fiber: 2.38g (9.52%), Copper: 0.17mg (8.35%), Folate: 33.38µg (8.35%), Vitamin C: 6.27mg (7.61%), Calcium: 74.45mg (7.44%), Manganese: 0.11mg (5.44%), Vitamin E: 0.56mg (3.75%),

Vitamin D: 0.2µg (1.33%)