



Pulled Pork Halftime Chili

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



63 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 29 oz tomatoes diced undrained canned
- 32 oz chili beans sauce canned
- 2 Tbsp chili powder
- 1 cup regular corn frozen
- 1 large onion chopped
- 11.5 oz oscar mayer carving board hickory seasoned pulled pork smoked

Equipment

- sauce pan

Directions

- Bring ingredients to boil in saucepan.
- Simmer on medium-low heat 10 min. or until heated through, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:0.9, Glycemic Load:0.1, Inflammation Score:-3, Nutrition Score:3.4795652208445%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 62.99kcal (3.15%), Fat: 1.25g (1.93%), Saturated Fat: 0.32g (2.02%), Carbohydrates: 10.17g (3.39%), Net Carbohydrates: 8.21g (2.98%), Sugar: 4.07g (4.53%), Cholesterol: 4.67mg (1.56%), Sodium: 332.42mg (14.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.8%), Fiber: 1.97g (7.87%), Vitamin B6: 0.14mg (6.95%), Potassium: 221.47mg (6.33%), Phosphorus: 59.61mg (5.96%), Iron: 1.07mg (5.92%), Copper: 0.11mg (5.26%), Magnesium: 19.68mg (4.92%), Vitamin C: 4.03mg (4.88%), Zinc: 0.71mg (4.75%), Vitamin B2: 0.07mg (4.21%), Vitamin A: 210.45IU (4.21%), Folate: 13.35µg (3.34%), Vitamin E: 0.45mg (3.03%), Calcium: 26.43mg (2.64%), Vitamin B3: 0.46mg (2.32%), Manganese: 0.05mg (2.27%), Vitamin B1: 0.03mg (2.25%), Vitamin K: 1.5µg (1.43%)