



Pumpkin Chili

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

READY IN



80 min.

SERVINGS



8

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 ounce kidney beans drained canned
- 0.5 cup pumpkin puree canned
- 28 ounce canned tomatoes diced with juice peeled canned
- 1 tablespoon chili powder
- 1 bell pepper diced green
- 2 pounds ground beef
- 1 large onion diced
- 1 tablespoon pumpkin pie spice

46 fluid ounce sacramento tomato juice canned

0.3 cup sugar white

Equipment

pot

Directions

In a large pot over medium heat, cook beef until brown; drain. Stir in onion and bell pepper and cook 5 minutes. Stir in beans, tomato juice, diced tomatoes and pumpkin puree. Season with pumpkin pie spice, chili powder and sugar. Simmer 1 hour.

Nutrition Facts

 **PROTEIN 23.48%**  **FAT 44.3%**  **CARBS 32.22%**

Properties

Glycemic Index:24.64, Glycemic Load:13.54, Inflammation Score:-10, Nutrition Score:28.384782407595%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

Nutrients (% of daily need)

Calories: 473.68kcal (23.68%), Fat: 23.88g (36.74%), Saturated Fat: 8.96g (55.99%), Carbohydrates: 39.08g (13.03%), Net Carbohydrates: 28.74g (10.45%), Sugar: 17.47g (19.41%), Cholesterol: 80.51mg (26.84%), Sodium: 591.38mg (25.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.49g (56.98%), Vitamin A: 3102.51IU (62.05%), Manganese: 0.83mg (41.65%), Fiber: 10.34g (41.36%), Vitamin B12: 2.43µg (40.45%), Zinc: 6mg (39.98%), Vitamin B6: 0.79mg (39.74%), Vitamin B3: 7.68mg (38.39%), Vitamin C: 30.67mg (37.17%), Phosphorus: 363.92mg (36.39%), Iron: 6.37mg (35.37%), Potassium: 1190.31mg (34.01%), Copper: 0.58mg (29.21%), Selenium: 19.67µg (28.09%), Magnesium: 94.57mg (23.64%), Vitamin E: 3.23mg (21.52%), Vitamin B2: 0.36mg (20.98%), Vitamin B1: 0.31mg (20.88%), Vitamin K: 20.31µg (19.34%), Folate: 65.03µg (16.26%), Vitamin B5: 1.29mg (12.88%), Calcium: 127.31mg (12.73%)