



Quick and Spicy Chili

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



16

CALORIES



163 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 ounce kidney beans drained and rinsed canned
- 15 ounce tomato sauce canned
- 4 tablespoons chili powder
- 2 large cloves garlic
- 1 tablespoon ground pepper
- 1 teaspoon ground pepper black
- 1 habanero pepper
- 2 jalapeño peppers

- 2 pounds ground beef lean
- 3 tablespoons masa harina flour
- 0.5 onion red
- 1.5 teaspoons salt
- 6 ounce tomato paste canned
- 2 cups water
- 2 teaspoons sugar white
- 11 ounce kernel corn whole drained canned

Equipment

- food processor
- frying pan
- pot

Directions

- Place the beef in a skillet over medium heat, and cook until evenly brown.
- Drain grease.
- In a large pot, mix the beans, corn, tomato sauce, tomato paste, and water. Bring to a boil, and reduce heat to low. In a food processor, finely chop the jalapenos, habanero, onion, and garlic.
- Mix into the pot.
- Mix in the cooked beef. Stir in masa flour. Season with cayenne pepper, chili powder, salt, black pepper, and sugar. Cook 45 minutes to 1 hour, stirring occasionally.

Nutrition Facts



PROTEIN 39.58% **FAT 20.87%** **CARBS 39.55%**

Properties

Glycemic Index:25.19, Glycemic Load:3.85, Inflammation Score:-7, Nutrition Score:12.63434784827%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 163.34kcal (8.17%), Fat: 3.85g (5.92%), Saturated Fat: 1.45g (9.04%), Carbohydrates: 16.4g (5.47%), Net Carbohydrates: 11.93g (4.34%), Sugar: 3.33g (3.7%), Cholesterol: 35.15mg (11.72%), Sodium: 598.1mg (26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.42g (32.83%), Zinc: 3.5mg (23.36%), Vitamin B3: 4.41mg (22.03%), Vitamin B12: 1.27µg (21.17%), Phosphorus: 200.6mg (20.06%), Vitamin B6: 0.38mg (19.24%), Fiber: 4.48g (17.9%), Vitamin A: 890.58IU (17.81%), Iron: 3mg (16.66%), Selenium: 11.46µg (16.37%), Potassium: 531.89mg (15.2%), Manganese: 0.3mg (14.89%), Vitamin B2: 0.19mg (11.34%), Magnesium: 43.23mg (10.81%), Vitamin E: 1.61mg (10.74%), Copper: 0.21mg (10.65%), Vitamin B1: 0.13mg (8.94%), Vitamin C: 7.19mg (8.72%), Folate: 32.19µg (8.05%), Vitamin K: 6.66µg (6.34%), Vitamin B5: 0.58mg (5.81%), Calcium: 41.2mg (4.12%)