



Red Bean Chili

 Gluten Free

READY IN



50 min.

SERVINGS



50

CALORIES



29 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tsp adobo seasoning with pepper
- 15.5 oz beans red undrained canned
- 14.5 oz canned tomatoes diced undrained canned
- 1 Tbsp chili powder
- 1 Tbsp olive oil extra virgin
- 1 Tbsp cilantro leaves fresh chopped
- 1 tsp garlic minced
- 0.5 cup pasilla peppers green chopped

- 1 tsp ground cumin
- 0.5 lb ground beef lean
- 1 cup mild cheddar cheese shredded kraft
- 1 onion chopped
- 2 Tbsp tomato paste

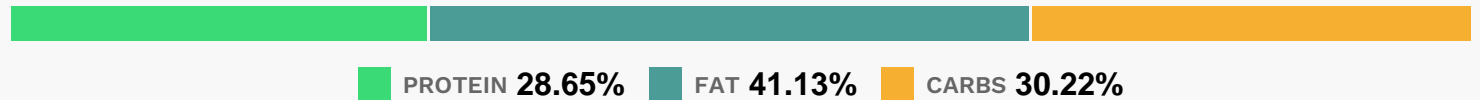
Equipment

- sauce pan

Directions

- Season meat with adobo. Brown in hot oil in large saucepan on medium heat; drain.
- Add onions, peppers and garlic; cook 5 min. or until tender, stirring occasionally.
- Stir in chili powder and cumin; cook 2 min. Stir in all remaining ingredients except cheese. Bring to boil; simmer on low heat 30 min., stirring occasionally.
- Serve topped with cheese.

Nutrition Facts



Properties

Glycemic Index:4.66, Glycemic Load:0.55, Inflammation Score:-1, Nutrition Score:1.8217391161167%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 29.02kcal (1.45%), Fat: 1.36g (2.09%), Saturated Fat: 0.59g (3.69%), Carbohydrates: 2.24g (0.75%), Net Carbohydrates: 1.54g (0.56%), Sugar: 0.59g (0.65%), Cholesterol: 5.07mg (1.69%), Sodium: 59.96mg (2.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.26%), Phosphorus: 32.7mg (3.27%), Vitamin C: 2.36mg (2.86%), Fiber: 0.7g (2.82%), Zinc: 0.4mg (2.67%), Vitamin B6: 0.05mg (2.41%), Selenium: 1.64µg (2.34%), Calcium: 23.43mg (2.34%), Manganese: 0.04mg (2.24%), Iron: 0.39mg (2.17%), Vitamin B12: 0.13µg (2.09%), Potassium: 72.89mg (2.08%), Vitamin B3: 0.4mg (2.02%), Vitamin A: 96.07IU (1.92%), Vitamin B2: 0.03mg (1.85%), Magnesium:

6.24mg (1.56%), Vitamin E: 0.22mg (1.49%), Copper: 0.03mg (1.47%), Vitamin B1: 0.02mg (1.25%), Vitamin K: 1.22µg (1.17%), Folate: 4.37µg (1.09%)