



Sausage-Corn Chili

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15.5 ounce kidney beans rinsed drained canned
- 15 ounce tomato sauce canned
- 1 teaspoon chili powder
- 6 servings cilantro leaves chopped
- 1 small onion chopped
- 0.7 cup picante sauce
- 9.6 ounce pork sausage hearty jimmy dean®
- 6 servings cheddar cheese shredded

- 6 servings cream sour
- 1.5 cups water
- 15.3 ounce corn whole drained canned

Equipment

- bowl
- sauce pan
- ladle

Directions

- Cook sausage, onion and chili powder in large saucepan over medium heat 4-5 minutes or until onion is tender.
- Stir in water, beans, corn, tomato sauce and picante sauce. Bring to a boil. Reduce heat to medium-low; simmer 10 minutes, stirring occasionally.
- Ladle into bowls.
- Add toppings, if desired.

Nutrition Facts



PROTEIN 19.34% **FAT 54.36%** **CARBS 26.3%**

Properties

Glycemic Index:35.17, Glycemic Load:5.28, Inflammation Score:-7, Nutrition Score:16.125651919323%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 427.71kcal (21.39%), Fat: 26.18g (40.28%), Saturated Fat: 11.22g (70.13%), Carbohydrates: 28.5g (9.5%), Net Carbohydrates: 22.72g (8.26%), Sugar: 6.01g (6.67%), Cholesterol: 69.74mg (23.25%), Sodium: 1327.73mg (57.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.96g (41.93%), Phosphorus: 347.74mg (34.77%), Calcium: 274.62mg (27.46%), Fiber: 5.78g (23.13%), Potassium: 733.67mg (20.96%), Vitamin B3: 4.16mg (20.82%), Zinc: 3.04mg (20.23%), Manganese: 0.39mg (19.48%), Vitamin B2: 0.33mg (19.38%), Vitamin A: 960.74IU (19.21%),

Vitamin B6: 0.36mg (18.22%), Vitamin B1: 0.26mg (17.18%), Magnesium: 62.79mg (15.7%), Selenium: 10.55µg (15.07%), Copper: 0.29mg (14.49%), Folate: 57.32µg (14.33%), Iron: 2.52mg (14%), Vitamin E: 1.88mg (12.51%), Vitamin B12: 0.73µg (12.15%), Vitamin C: 8.64mg (10.47%), Vitamin B5: 0.86mg (8.59%), Vitamin K: 7.99µg (7.61%), Vitamin D: 0.77µg (5.13%)