



WHATSheATE



Sirloin Three-Bean Chili



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup beef broth flavored progresso® (from 32-oz carton)
- ☐ 2 lb sirloin beef tips boneless cut into 1-inch cubes
- ☐ 56 oz tomatoes diced organic undrained muir glen® canned
- ☐ 15 oz pinto beans rinsed drained canned
- ☐ 19 oz beans red rinsed drained progresso® canned
- ☐ 1 tablespoon chili powder
- ☐ 1 cup bell pepper green coarsely chopped
- ☐ 1.5 tablespoons ground cumin

- ☐ 1 cup onion coarsely chopped
- ☐ 1 tablespoon vegetable oil

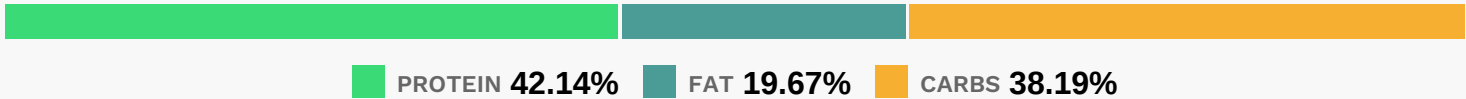
Equipment

- ☐ dutch oven

Directions

- ☐ In 4-quart Dutch oven, heat oil over medium-high heat. Cook 1 pound of beef at a time in oil, stirring occasionally, until brown; remove from Dutch oven.
- ☐ Add onion and bell pepper to Dutch oven. Cook 2 to 3 minutes, stirring occasionally, until crisp-tender. Stir in remaining ingredients except beef.
- ☐ Cover and cook over medium heat 10 minutes. Stir in beef. Cook uncovered 3 to 8 minutes or until beef is tender.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:8.47, Inflammation Score:-8, Nutrition Score:35.802608241206%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 7.29mg, Quercetin: 7.29mg, Quercetin: 7.29mg, Quercetin: 7.29mg

Nutrients (% of daily need)

Calories: 408.13kcal (20.41%), Fat: 9.08g (13.96%), Saturated Fat: 2.4g (15.01%), Carbohydrates: 39.64g (13.21%), Net Carbohydrates: 27.48g (9.99%), Sugar: 10.54g (11.71%), Cholesterol: 83.16mg (27.72%), Sodium: 1060.83mg (46.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.75g (87.49%), Vitamin B6: 1.49mg (74.68%), Selenium: 45.56µg (65.09%), Vitamin B3: 12.82mg (64.09%), Vitamin C: 47.89mg (58.04%), Phosphorus: 546.95mg (54.7%), Zinc: 7.78mg (51.84%), Iron: 8.86mg (49.2%), Fiber: 12.16g (48.64%), Potassium: 1592.81mg (45.51%), Manganese: 0.85mg (42.57%), Vitamin B12: 1.92µg (31.97%), Magnesium: 127.63mg (31.91%), Copper: 0.63mg (31.46%), Vitamin B1: 0.42mg (28.27%), Vitamin B2: 0.46mg (27.21%), Vitamin E: 3.47mg (23.14%), Folate: 88.54µg

(22.13%), Vitamin K: 22.11µg (21.06%), Calcium: 200.99mg (20.1%), Vitamin A: 816.38IU (16.33%), Vitamin B5: 1.55mg (15.52%)