

Skillet Chili



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce tomato sauce canned
- ☐ 16 ounce chili beans sauce drained canned
- ☐ 1 tablespoon chili powder
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 cup bell pepper green chopped
- ☐ 0.5 teaspoon ground pepper
- ☐ 1.5 pounds ground beef lean
- ☐ 1 onion diced finely

- ☐ 1 teaspoon pepper sauce hot
- ☐ 0.5 teaspoon seasoning salt
- ☐ 6 ounces tomato paste

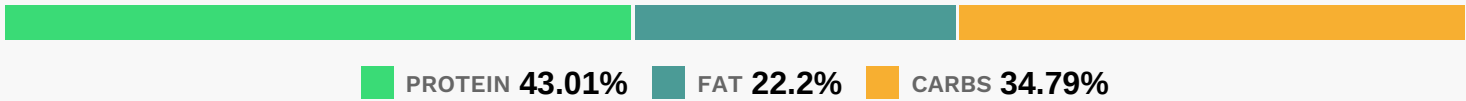
Equipment

- ☐ frying pan

Directions

- ☐ Place ground beef in a large, deep skillet. Cook over medium-high heat until evenly brown.
- ☐ Drain excess fat, and crumble. Stir in onion, green pepper, tomato sauce, tomato paste and chili beans. Season with chili powder, hot sauce, seasoning salt, cayenne pepper and garlic powder.
- ☐ Cook over low heat, stirring occasionally, until desired consistency (at least 1 hour for best flavor).

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:5.28, Inflammation Score:-9, Nutrition Score:35.301738858223%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg

Nutrients (% of daily need)

Calories: 423.44kcal (21.17%), Fat: 10.53g (16.21%), Saturated Fat: 4.15g (25.96%), Carbohydrates: 37.14g (12.38%), Net Carbohydrates: 27.63g (10.05%), Sugar: 16.49g (18.33%), Cholesterol: 105.46mg (35.15%), Sodium: 2125.74mg (92.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.92g (91.84%), Zinc: 11.59mg (77.24%), Vitamin B6: 1.28mg (63.78%), Vitamin B12: 3.82µg (63.69%), Vitamin B3: 12.45mg (62.25%), Phosphorus: 592.88mg (59.29%), Potassium: 1949.99mg (55.71%), Iron: 8.92mg (49.55%), Selenium: 34.58µg (49.39%), Fiber: 9.51g (38.04%), Vitamin A: 1856.08IU (37.12%), Copper: 0.73mg (36.68%), Vitamin B2: 0.61mg (35.9%), Vitamin C: 29.16mg (35.35%), Vitamin E: 4.95mg (33.02%), Magnesium: 129.5mg (32.38%), Manganese: 0.35mg (17.4%), Vitamin B5:

1.54mg (15.44%), Folate: 59.79µg (14.95%), Vitamin B1: 0.19mg (12.74%), Vitamin K: 11.93µg (11.36%), Calcium:
95.29mg (9.53%), Vitamin D: 0.17µg (1.13%)