



Skillet Nacho Chili

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



883 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 oz chilis green undrained chopped canned
- ☐ 15 oz chili sauce undrained canned
- ☐ 2 cups corn chips
- ☐ 1 cup corn frozen
- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 0.5 cup onion chopped
- ☐ 4 oz cheddar cheese shredded
- ☐ 19 oz all natural tomato soup hearty canned

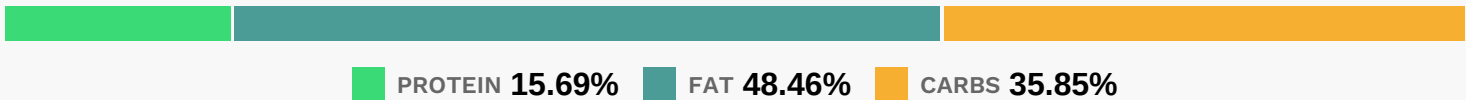
Equipment

☐ frying pan

Directions

- ☐ Spray 12-inch skillet with cooking spray; heat over medium-high heat. Cook beef and onion in skillet 5 to 7 minutes, stirring frequently, until beef is brown and onion is tender; drain.
- ☐ Stir soup, chili beans, green chiles and corn into beef mixture.
- ☐ Heat to boiling; reduce heat to medium. Cook 8 to 10 minutes, stirring occasionally, until sauce is slightly thickened and corn is cooked.
- ☐ Sprinkle each serving with cheese.
- ☐ Serve with corn chips.

Nutrition Facts



Properties

Glycemic Index:22.63, Glycemic Load:7.54, Inflammation Score:-9, Nutrition Score:31.336521755094%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

Nutrients (% of daily need)

Calories: 882.66kcal (44.13%), Fat: 48.35g (74.39%), Saturated Fat: 16.32g (101.99%), Carbohydrates: 80.48g (26.83%), Net Carbohydrates: 72.65g (26.42%), Sugar: 26.28g (29.2%), Cholesterol: 108.86mg (36.29%), Sodium: 2549.25mg (110.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.22g (70.43%), Vitamin C: 49.74mg (60.29%), Phosphorus: 536.59mg (53.66%), Potassium: 1728.02mg (49.37%), Selenium: 34.11µg (48.73%), Zinc: 7.11mg (47.41%), Vitamin B12: 2.73µg (45.45%), Vitamin B3: 8.95mg (44.76%), Vitamin B6: 0.88mg (44.07%), Vitamin E: 6.36mg (42.41%), Calcium: 338.06mg (33.81%), Vitamin A: 1577.08IU (31.54%), Fiber: 7.83g (31.32%), Iron: 5.16mg (28.69%), Vitamin B2: 0.47mg (27.83%), Magnesium: 106.7mg (26.67%), Manganese: 0.48mg (24.1%), Vitamin B1: 0.28mg (18.99%), Copper: 0.36mg (17.87%), Folate: 64.5µg (16.13%), Vitamin K: 15.41µg (14.68%), Vitamin B5: 1.11mg (11.07%), Vitamin D: 0.28µg (1.89%)