



Skillet Nacho Chili

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



879 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 oz chilis green undrained chopped old el paso® canned
- ☐ 15 oz chili sauce undrained canned
- ☐ 1 cup regular corn fresh green frozen giant® niblets®
- ☐ 2 cups corn chips
- ☐ 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 progresso® canned

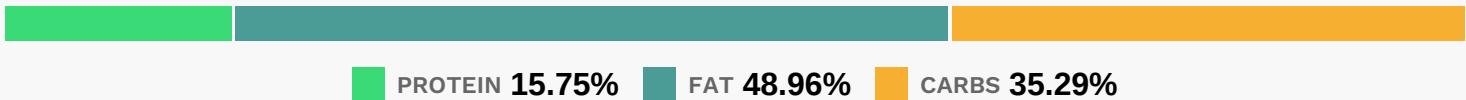
Equipment

☐ 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:36.5, Glycemic Load:11.51, Inflammation Score:-9, Nutrition Score:31.066956131355%

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: 879.2kcal (43.96%), Fat: 48.61g (74.78%), Saturated Fat: 16.35g (102.16%), Carbohydrates: 78.86g (26.29%), Net Carbohydrates: 71.26g (25.91%), Sugar: 28.03g (31.14%), Cholesterol: 108.86mg (36.29%), Sodium: 2547.58mg (110.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.18g (70.35%), Vitamin C: 48.89mg (59.26%), Phosphorus: 530.35mg (53.03%), Selenium: 33.86µg (48.37%), Potassium: 1690.67mg (48.3%), Zinc: 7.06mg (47.08%), Vitamin B12: 2.73µg (45.45%), Vitamin B3: 8.91mg (44.53%), Vitamin B6: 0.86mg (43.05%), Vitamin E: 6.4mg (42.64%), Calcium: 337.57mg (33.76%), Vitamin A: 1676.68IU (33.53%), Fiber: 7.6g (30.4%), Iron: 5.06mg (28.1%), Vitamin B2: 0.46mg (26.98%), Magnesium: 103.51mg (25.88%), Manganese: 0.48mg (24.05%), Vitamin B1: 0.28mg (18.54%), Copper: 0.36mg (17.76%), Vitamin K: 15.56µg (14.82%), Folate: 56.86µg (14.21%), Vitamin B5: 1.29mg (12.91%), Vitamin D: 0.28µg (1.89%)