



Skinny Salsa-Beef Chili

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground beef 90% lean (at least)
- 1 cup onion chopped
- 2 cloves garlic finely chopped
- 29 oz no salt added diced tomatoes diced organic no salt added undrained canned
- 16 oz salsa organic
- 15 oz tomato sauce organic canned
- 15 oz kidney beans dark red rinsed drained canned
- 15 oz black beans rinsed drained canned

- 0.5 cup water
- 2 tablespoons chili powder
- 2 teaspoons sugar
- 1 teaspoon ground cumin
- 1 teaspoon oregano dried
- 1 serving cream sour reduced-fat
- 1 serving spring onion chopped

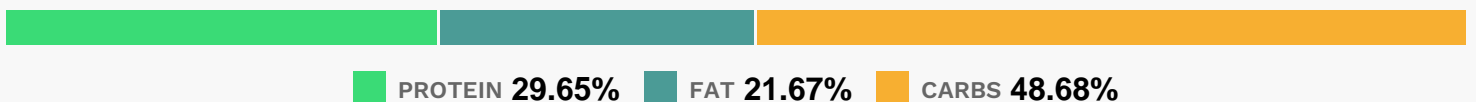
Equipment

- dutch oven

Directions

- In 4-quart nonstick Dutch oven, cook beef and onion over medium-high heat, stirring occasionally, until beef is thoroughly cooked; drain. Return to Dutch oven.
- Add garlic; cook and stir 1 minute.
- Stir in remaining ingredients except sour cream and green onions.
- Heat to boiling. Reduce heat to low; cover and simmer 30 minutes, stirring occasionally, until slightly thickened. To serve, top individual servings with sour cream and green onions.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:4.67, Inflammation Score:-9, Nutrition Score:22.966086881316%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 7.78mg, Quercetin: 7.78mg, Quercetin: 7.78mg, Quercetin: 7.78mg

Nutrients (% of daily need)

Calories: 286.87kcal (14.34%), Fat: 7.19g (11.06%), Saturated Fat: 2.7g (16.85%), Carbohydrates: 36.33g (12.11%), Net Carbohydrates: 24.68g (8.98%), Sugar: 8.71g (9.67%), Cholesterol: 37.9mg (12.63%), Sodium: 914.35mg (39.75%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.13g (44.26%), Fiber: 11.65g (46.6%), Iron: 6.26mg (34.78%), Manganese: 0.68mg (33.88%), Potassium: 1144.57mg (32.7%), Vitamin B6: 0.65mg (32.41%), Folate: 126.01µg (31.5%), Phosphorus: 306.21mg (30.62%), Vitamin B3: 5.7mg (28.48%), Zinc: 4.11mg (27.42%), Vitamin A: 1242.89IU (24.86%), Copper: 0.48mg (23.89%), Magnesium: 89mg (22.25%), Vitamin C: 18.35mg (22.24%), Vitamin E: 3.19mg (21.25%), Vitamin B12: 1.27µg (21.09%), Vitamin B2: 0.32mg (19.05%), Vitamin B1: 0.28mg (18.76%), Selenium: 12.42µg (17.74%), Vitamin K: 17.11µg (16.3%), Calcium: 119.57mg (11.96%), Vitamin B5: 1mg (10.02%)