

Snowy Day Chili

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 2 tablespoons brown sugar packed
- ☐ 15 oz kidney beans drained and rinsed canned
- ☐ 10 servings cheddar cheese shredded sour chopped
- ☐ 10 servings chili powder to taste
- ☐ 2 pounds ground beef
- ☐ 1 tablespoon juice of lemon
- ☐ 2 cups onion chopped

- ☐ 10 servings hot sauce hot to taste
- ☐ 1 tablespoon lawry's seasoned salt
- ☐ 6 oz canned tomatoes canned
- ☐ 4 cups tomato sauce canned
- ☐ 4 cups water
- ☐ 0.3 cup worcestershire sauce

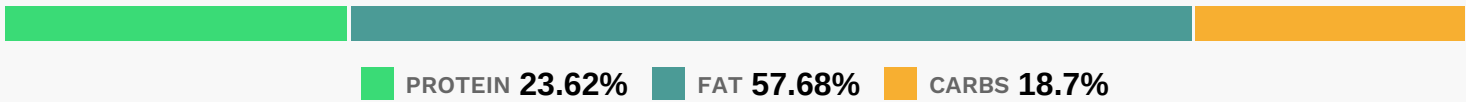
Equipment

- ☐ pot

Directions

- ☐ In a large stockpot over medium heat, brown meat; drain. Stir in remaining ingredients except garnish.
- ☐ Reduce heat; simmer for 3 to 4 hours, stirring occasionally.
- ☐ Garnish if desired.

Nutrition Facts



Properties

Glycemic Index:18.9, Glycemic Load:4.99, Inflammation Score:-8, Nutrition Score:20.873913257018%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg

Nutrients (% of daily need)

Calories: 449.52kcal (22.48%), Fat: 29.16g (44.87%), Saturated Fat: 12.86g (80.39%), Carbohydrates: 21.27g (7.09%), Net Carbohydrates: 15.97g (5.81%), Sugar: 9.68g (10.75%), Cholesterol: 94.41mg (31.47%), Sodium: 1681.98mg (73.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.87g (53.75%), Phosphorus: 377.38mg

(37.74%), Vitamin B12: 2.26µg (37.66%), Zinc: 5.59mg (37.24%), Selenium: 23.89µg (34.13%), Calcium: 287.19mg (28.72%), Vitamin B3: 5.56mg (27.81%), Vitamin B6: 0.55mg (27.6%), Vitamin A: 1362.69IU (27.25%), Potassium: 865.41mg (24.73%), Iron: 4.32mg (23.98%), Vitamin B2: 0.4mg (23.79%), Fiber: 5.3g (21.2%), Vitamin E: 3.01mg (20.04%), Manganese: 0.35mg (17.66%), Copper: 0.34mg (16.75%), Magnesium: 62.77mg (15.69%), Vitamin C: 12.71mg (15.41%), Folate: 42.31µg (10.58%), Vitamin B5: 1.05mg (10.47%), Vitamin B1: 0.15mg (10.27%), Vitamin K: 10.06µg (9.58%), Vitamin D: 0.27µg (1.8%)