



South-of-the-Border Chili with Hearty Meat Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup pinto beans low-sodium canned drained
- ☐ 0.5 teaspoon chili powder
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 tablespoon green onions chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon jalapeno seeded chopped
- ☐ 1.5 cups meat sauce hearty

- ☐ 1 tablespoon monterrey jack cheese shredded reduced-fat
- ☐ 1 Dash salt
- ☐ 0.3 cup water

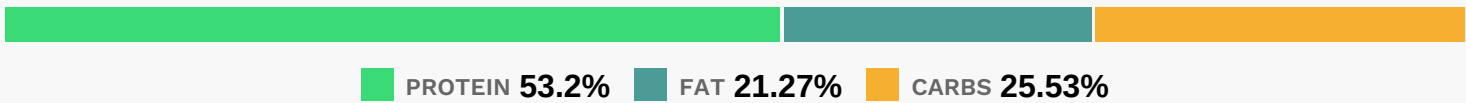
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Combine first 7 ingredients in a medium saucepan. Bring to a boil; cover, reduce heat, and simmer 20 minutes, stirring occasionally. To serve, ladle chili into 2 bowls; sprinkle evenly with cheese, green onions, and cilantro.

Nutrition Facts



Properties

Glycemic Index:86.5, Glycemic Load:4.17, Inflammation Score:-5, Nutrition Score:16.741738969865%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 223.9kcal (11.2%), Fat: 5.22g (8.03%), Saturated Fat: 1.72g (10.77%), Carbohydrates: 14.09g (4.7%), Net Carbohydrates: 9.73g (3.54%), Sugar: 1.13g (1.26%), Cholesterol: 76.45mg (25.48%), Sodium: 421.02mg (18.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.37g (58.74%), Vitamin B3: 12.12mg (60.61%), Selenium: 36.91µg (52.73%), Vitamin B6: 0.94mg (46.86%), Phosphorus: 345.46mg (34.55%), Potassium: 699.44mg (19.98%), Fiber: 4.37g (17.46%), Vitamin B5: 1.75mg (17.46%), Manganese: 0.34mg (16.96%), Magnesium: 64.54mg (16.14%), Iron: 2.51mg (13.96%), Calcium: 97.56mg (9.76%), Copper: 0.19mg (9.65%), Vitamin K: 10.02µg (9.54%), Vitamin B2: 0.16mg (9.3%), Zinc: 1.37mg (9.13%), Vitamin B1: 0.13mg (8.5%), Folate: 28.88µg (7.22%), Vitamin E: 1.05mg (6.99%), Vitamin C: 5.61mg (6.8%), Vitamin A: 303.51IU (6.07%), Vitamin B12: 0.27µg (4.44%)