



Southwestern Chili Con Carne

 Gluten Free  Dairy Free

READY IN



33 min.

SERVINGS



8

CALORIES



522 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon cayenne pepper
- 4 tablespoons chili powder
- 2 tablespoons cilantro leaves fresh chopped
- 2 cloves garlic minced
- 0.5 teaspoon garlic powder
- 1 large bell pepper diced green
- 2.5 pounds ground beef
- 3 tablespoons ground cumin

- 1 teaspoon ground pepper black
- 2 teaspoons kosher salt
- 1 large bell pepper diced red
- 0.5 cup onion diced red
- 3 roma tomatoes diced
- 15 ounce soy black beans drained and rinsed canned
- 2 tablespoons vegetable oil

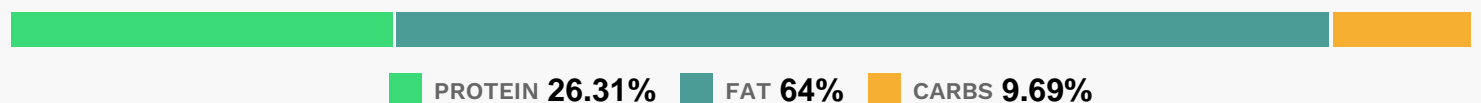
Equipment

- frying pan

Directions

- Heat oil in a large skillet over medium-high heat.
- Add peppers and onions and cook until slightly tender.
- Add the ground beef and spices and cook until browned. Skim off excess grease.
- Add the diced tomatoes and soy black beans and simmer for about 10 minutes, stirring occasionally.
- To serve, garnish chili with cilantro. If desired, top with shredded Cheddar or Jack cheese, sour cream, and sliced scallion tops.

Nutrition Facts



Properties

Glycemic Index:32.35, Glycemic Load:1.24, Inflammation Score:-9, Nutrition Score:28.463912857615%

Flavonoids

Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 521.97kcal (26.1%), Fat: 37.77g (58.1%), Saturated Fat: 12.26g (76.62%), Carbohydrates: 12.87g (4.29%), Net Carbohydrates: 6.71g (2.44%), Sugar: 4.34g (4.82%), Cholesterol: 100.64mg (33.55%), Sodium: 875.05mg (38.05%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 34.93g (69.86%), Vitamin C: 48.06mg (58.26%), Vitamin B12: 3.03µg (50.56%), Zinc: 6.97mg (46.48%), Iron: 7.97mg (44.27%), Vitamin A: 2165.13IU (43.3%), Vitamin B6: 0.83mg (41.34%), Phosphorus: 397.88mg (39.79%), Selenium: 26.32µg (37.6%), Manganese: 0.73mg (36.6%), Vitamin B3: 7.24mg (36.18%), Vitamin K: 28.54µg (27.18%), Potassium: 934mg (26.69%), Vitamin B2: 0.44mg (25.81%), Fiber: 6.16g (24.64%), Magnesium: 92.97mg (23.24%), Vitamin E: 3.2mg (21.33%), Copper: 0.4mg (20.22%), Folate: 57.12µg (14.28%), Vitamin B1: 0.21mg (13.75%), Calcium: 125.12mg (12.51%), Vitamin B5: 0.97mg (9.7%)