



 **74%**
HEALTH SCORE

Spicy Beef & Bean Chili

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



60 min.

SERVINGS



1

CALORIES



2320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb beef chuck steak boneless cut into bite-sized pieces
- 15 oz kidney beans red rinsed drained canned
- 14 oz canned tomatoes diced undrained canned
- 3 cups rice hot cooked
- 0.3 cup a.1. bold & spicy sauce
- 1 Tbsp oil
- 2 cups onions chopped

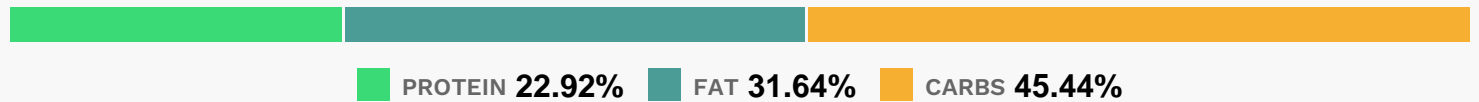
Equipment

- sauce pan
- dutch oven

Directions

- Cook and stir meat and onions in hot oil in Dutch oven or large saucepan on medium-high heat 4 to 5 min. or until meat is evenly browned.
- Add steak sauce and tomatoes with their liquid; mix well. Bring to boil. Reduce heat to medium-low; simmer 30 to 40 min. or until meat is tender.
- Stir in beans. Cook until heated through, stirring occasionally.
- Serve over the rice.

Nutrition Facts



Properties

Glycemic Index:188, Glycemic Load:171.15, Inflammation Score:-10, Nutrition Score:72.250869605852%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 16.03mg, Isorhamnetin: 16.03mg, Isorhamnetin: 16.03mg, Isorhamnetin: 16.03mg Kaempferol: 2.12mg, Kaempferol: 2.12mg, Kaempferol: 2.12mg, Kaempferol: 2.12mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 66.94mg, Quercetin: 66.94mg, Quercetin: 66.94mg, Quercetin: 66.94mg

Nutrients (% of daily need)

Calories: 2319.56kcal (115.98%), Fat: 81.91g (126.02%), Saturated Fat: 30.44g (190.27%), Carbohydrates: 264.67g (88.22%), Net Carbohydrates: 230.83g (83.94%), Sugar: 49.34g (54.82%), Cholesterol: 276.69mg (92.23%), Sodium: 2855.94mg (124.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 133.54g (267.07%), Selenium: 152.9µg (218.43%), Manganese: 4.19mg (209.66%), Zinc: 29.33mg (195.52%), Vitamin B6: 3.42mg (170.77%), Phosphorus: 1475.96mg (147.6%), Vitamin B3: 29.4mg (147.01%), Fiber: 33.84g (135.37%), Vitamin B12: 7.53µg (125.49%), Potassium: 3700.52mg (105.73%), Iron: 18.59mg (103.26%), Vitamin B2: 1.74mg (102.08%), Magnesium: 355.37mg (88.84%), Copper: 1.7mg (85.23%), Vitamin B1: 1.27mg (84.7%), Vitamin C: 63.99mg (77.57%), Folate: 230.94µg (57.74%), Vitamin K: 47.01µg (44.77%), Calcium: 399.11mg (39.91%), Vitamin E: 5.49mg (36.58%), Vitamin B5: 3.26mg (32.63%), Vitamin A: 538.8IU (10.78%), Vitamin D: 0.45µg (3.02%)