

Spicy Chili Seasoning Mix

 **Gluten Free**  **Dairy Free**

READY IN



10 min.

SERVINGS



40

CALORIES



67 kcal

SEASONING

MARINADE

Ingredients

- 1 pound ground beef 90% lean ()
- 28 ounces tomatoes diced undrained canned
- 2 teaspoons canola oil
- 0.5 teaspoon ground pepper
- 32 ounces chili beans sauce divided undrained canned
- 4 tablespoons chili powder
- 1.5 teaspoons garlic powder
- 2.5 teaspoons ground coriander

- 2.5 teaspoons ground cumin
- 1 medium onion chopped
- 1 teaspoon oregano dried
- 1 pound top round boneless cut into 1-inch pieces

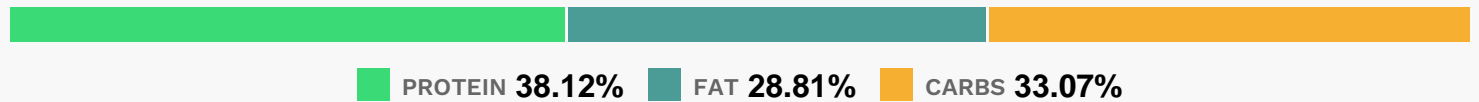
Equipment

- bowl

Directions

- In a large bowl, combine the first six ingredients. Store in an airtight container in a cool dry place.

Nutrition Facts



Properties

Glycemic Index:1.85, Glycemic Load:0.07, Inflammation Score:-3, Nutrition Score:5.1139129795458%

Flavonoids

Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 66.51kcal (3.33%), Fat: 2.14g (3.3%), Saturated Fat: 0.67g (4.18%), Carbohydrates: 5.54g (1.85%), Net Carbohydrates: 3.96g (1.44%), Sugar: 1.85g (2.05%), Cholesterol: 14.29mg (4.76%), Sodium: 221.12mg (9.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.38g (12.76%), Vitamin B6: 0.23mg (11.28%), Zinc: 1.6mg (10.66%), Phosphorus: 89.91mg (8.99%), Selenium: 6.06µg (8.66%), Vitamin B3: 1.69mg (8.44%), Iron: 1.37mg (7.59%), Potassium: 243.97mg (6.97%), Vitamin B12: 0.41µg (6.77%), Fiber: 1.58g (6.32%), Vitamin A: 276.04IU (5.52%), Vitamin B2: 0.09mg (5.23%), Copper: 0.1mg (5.18%), Magnesium: 20.09mg (5.02%), Vitamin E: 0.61mg (4.09%), Vitamin C: 2.5mg (3.03%), Folate: 10.71µg (2.68%), Vitamin B1: 0.04mg (2.57%), Calcium: 23.28mg (2.33%), Manganese: 0.05mg (2.29%), Vitamin K: 2.23µg (2.12%), Vitamin B5: 0.18mg (1.8%)