Steak Chili

Gluten Free Dairy Free

READY IN	SERVINGS	CALORIES
45 min.	7	421 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 58 ounce tomatoes diced canned
- [ ] 15 ounce kidney beans drained canned
- [ ] 2 tablespoons chili powder
- [ ] 3 cloves garlic minced
- [ ] 1 chile pepper green
- [ ] 1.5 teaspoons ground pepper
- [ ] 1 tablespoon ground cumin
- [ ] 2 tablespoons olive oil

- [ ] 2 onions chopped
- [ ] 2 pounds fat-trimmed beef flank steak cut into 1 inch cubes

Equipment

- [ ] pot

Directions

- [ ] In a large pot over medium high heat, combine the oil and steak and saute for about 5 minutes, or until steak is browned.
- [ ] Add the onions, garlic and chile pepper and saute for another 5 minutes, or until the onions are translucent.
- [ ] Add the chili powder, cumin, cayenne pepper, tomatoes and kidney beans. Reduce heat to low, cover and simmer for about one hour.
- [ ] Remove cover and simmer for another 30 minutes, or until you've reached your desired thickness.

Nutrition Facts

PROTEIN **29.43%** FAT **48.56%** CARBS **22.01%**

Properties

Glycemic Index:20.86, Glycemic Load:3.83, Inflammation Score:-8, Nutrition Score:25.647825857867%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.57mg, Isorhamnetin: 1.57mg, Isorhamnetin: 1.57mg, Isorhamnetin: 1.57mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 7.58mg, Quercetin: 7.58mg, Quercetin: 7.58mg, Quercetin: 7.58mg

Nutrients (% of daily need)

Calories: 421.31kcal (21.07%), Fat: 23.48g (36.12%), Saturated Fat: 8.89g (55.55%), Carbohydrates: 23.95g (7.98%), Net Carbohydrates: 16.61g (6.04%), Sugar: 8.5g (9.45%), Cholesterol: 79.05mg (26.35%), Sodium: 620.83mg (26.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.02g (64.04%), Zinc: 7.57mg (50.48%), Selenium: 33.41µg (47.73%), Vitamin B6: 0.94mg (47.11%), Vitamin B3: 8.7mg (43.52%), Vitamin B12: 2.15µg (35.86%), Iron: 6.37mg (35.42%), Phosphorus: 319.12mg (31.91%), Vitamin C: 26.24mg (31.8%), Potassium: 1066.48mg (30.47%),

Vitamin B2: 0.52mg (30.46%), Fiber: 7.34g (29.38%), Manganese: 0.5mg (24.78%), Vitamin A: 1161.94IU (23.24%), Vitamin E: 3.22mg (21.47%), Vitamin B1: 0.31mg (20.91%), Magnesium: 81.94mg (20.48%), Copper: 0.4mg (20.02%), Vitamin K: 16.61µg (15.82%), Calcium: 125.26mg (12.53%), Folate: 45.66µg (11.42%), Vitamin B5: 0.42mg (4.23%)