



## Super Quick Chili

 Gluten Free

READY IN



27 min.

SERVINGS



8

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 32 oz tomatoes diced with green pepper and onion canned
- ☐ 32 oz beans red canned
- ☐ 16 oz tomato sauce canned
- ☐ 8 servings toppings: cheddar cheese diced shredded sliced
- ☐ 2 tablespoons chili powder
- ☐ 1 tablespoon creole seasoning
- ☐ 1 teaspoon ground cumin
- ☐ 2 pounds ground beef lean

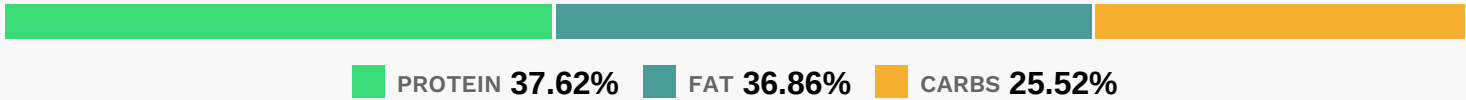
# Equipment

☐ dutch oven

# Directions

- ☐ Brown beef in a Dutch oven over medium-high heat, stirring often, 6 to 8 minutes or until beef crumbles and is no longer pink; drain well. Return beef to Dutch oven; sprinkle with chili powder, Creole seasoning, and cumin, and saut 1 minute.
- ☐ Stir in diced tomatoes and next 2 ingredients, and bring to a boil over medium-high heat, stirring occasionally. Cover, reduce heat to low, and simmer, stirring occasionally, 15 minutes.
- ☐ Serve with toppings.

# Nutrition Facts



# Properties

Glycemic Index:20.13, Glycemic Load:6.85, Inflammation Score:-8, Nutrition Score:28.067826146665%

# Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

# Nutrients (% of daily need)

Calories: 411.06kcal (20.55%), Fat: 17.04g (26.22%), Saturated Fat: 8.51g (53.2%), Carbohydrates: 26.55g (8.85%), Net Carbohydrates: 17.67g (6.42%), Sugar: 7.13g (7.92%), Cholesterol: 100.31mg (33.44%), Sodium: 1025.66mg (44.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.14g (78.28%), Zinc: 7.97mg (53.15%), Phosphorus: 528.06mg (52.81%), Vitamin B12: 2.86µg (47.64%), Selenium: 30.4µg (43.43%), Vitamin B3: 8.47mg (42.36%), Vitamin B6: 0.8mg (39.78%), Fiber: 8.89g (35.55%), Iron: 6.37mg (35.38%), Potassium: 1147.93mg (32.8%), Calcium: 308.14mg (30.81%), Vitamin A: 1535.02IU (30.7%), Vitamin B2: 0.52mg (30.32%), Manganese: 0.55mg (27.36%), Magnesium: 92.89mg (23.22%), Copper: 0.43mg (21.59%), Vitamin E: 3.11mg (20.74%), Vitamin C: 15.93mg (19.31%), Vitamin B1: 0.25mg (16.58%), Folate: 56.88µg (14.22%), Vitamin B5: 1.33mg (13.26%), Vitamin K: 13.22µg (12.59%), Vitamin D: 0.29µg (1.96%)