



Super speedy chilli

 Dairy Free  Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



838 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 180 g basil pesto (we used Sacla)
- ☐ 450 g ground beef lean
- ☐ 2 tsp ground cumin
- ☐ 1 beef bouillon cubes
- ☐ 2 bell pepper red sliced
- ☐ 400 g kidney beans drained canned
- ☐ 8 small bunch cilantro leaves chopped
- ☐ 8 flour tortilla

- ☐ 2 avocado sliced
- ☐ 1 onion red thinly sliced
- ☐ 4 servings mayonnaise reduced-fat

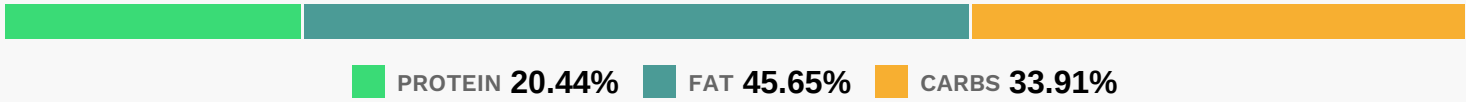
Equipment

- ☐ frying pan

Directions

- ☐ Tip the pesto into a large pan with the mince and cumin, and fry for a few mins. Crumble in the stock cube, add the peppers and kidney beans, then fill the empty can with water and add this to the pan, too. Cover and simmer for 10 mins, then remove the lid and continue to cook for 5-10 mins or until all the liquid has been absorbed.
- ☐ Remove from the heat and stir in the coriander.
- ☐ Heat the tortillas following pack instructions and serve with the chilli, avocados, onion and a dollop of mayo.

Nutrition Facts



Properties

Glycemic Index:50.32, Glycemic Load:16.29, Inflammation Score:-10, Nutrition Score:48.656087046084%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 21mg, Quercetin: 21mg, Quercetin: 21mg, Quercetin: 21mg

Nutrients (% of daily need)

Calories: 837.66kcal (41.88%), Fat: 43.12g (66.33%), Saturated Fat: 9.49g (59.34%), Carbohydrates: 72.05g (24.02%), Net Carbohydrates: 52.83g (19.21%), Sugar: 8.66g (9.62%), Cholesterol: 73.55mg (24.52%), Sodium: 1206.43mg (52.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.43g (86.87%), Vitamin C: 93.84mg

(113.75%), Vitamin K: 87.38µg (83.22%), Vitamin A: 4010.52IU (80.21%), Folate: 316.4µg (79.1%), Fiber: 19.22g (76.89%), Vitamin B3: 12.03mg (60.15%), Phosphorus: 579.13mg (57.91%), Manganese: 1.13mg (56.74%), Iron: 9.89mg (54.96%), Vitamin B6: 1.09mg (54.55%), Zinc: 8.08mg (53.89%), Selenium: 35.25µg (50.36%), Potassium: 1625.95mg (46.46%), Vitamin B1: 0.64mg (42.61%), Vitamin B12: 2.53µg (42.17%), Vitamin B2: 0.63mg (36.97%), Magnesium: 130.32mg (32.58%), Copper: 0.65mg (32.38%), Vitamin B5: 2.75mg (27.54%), Vitamin E: 3.83mg (25.51%), Calcium: 241.41mg (24.14%)