



Taco-Corn Chili



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef 90% (at least)
- ☐ 15 oz beans red rinsed drained canned
- ☐ 1 oz taco seasoning
- ☐ 10 oz tomatoes diced green undrained canned
- ☐ 9 oz corn frozen thawed drained
- ☐ 2 cups water
- ☐ 2 teaspoons sugar

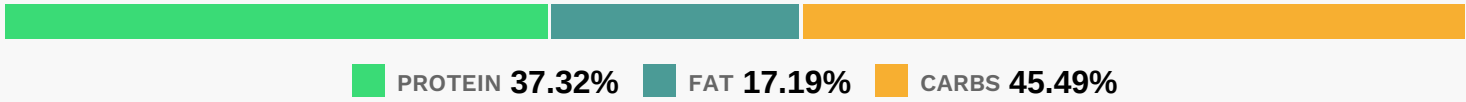
Equipment

☐ dutch oven

Directions

- ☐ Spray 4-quart Dutch oven with cooking spray; heat over medium-high heat. Cook beef in Dutch oven 5 to 7 minutes, stirring occasionally, until brown; drain.
- ☐ Stir in remaining ingredients.
- ☐ Heat to boiling; reduce heat. Simmer uncovered about 18 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:24.42, Glycemic Load:5.33, Inflammation Score:-6, Nutrition Score:17.954348009566%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 269.64kcal (13.48%), Fat: 5.32g (8.18%), Saturated Fat: 2.17g (13.59%), Carbohydrates: 31.66g (10.55%), Net Carbohydrates: 24.09g (8.76%), Sugar: 5.58g (6.2%), Cholesterol: 56.25mg (18.75%), Sodium: 823.43mg (35.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.98g (51.96%), Zinc: 5.59mg (37.27%), Vitamin B12: 2.03µg (33.87%), Vitamin B3: 6.67mg (33.33%), Phosphorus: 324.94mg (32.49%), Fiber: 7.57g (30.28%), Vitamin B6: 0.58mg (28.9%), Iron: 4.5mg (25.02%), Selenium: 17.2µg (24.56%), Potassium: 791.66mg (22.62%), Manganese: 0.38mg (19.05%), Magnesium: 68.99mg (17.25%), Vitamin B2: 0.28mg (16.44%), Vitamin C: 12.18mg (14.76%), Copper: 0.28mg (13.76%), Vitamin B1: 0.21mg (13.69%), Folate: 51.6µg (12.9%), Vitamin A: 600.27IU (12.01%), Vitamin B5: 0.91mg (9.09%), Calcium: 55.3mg (5.53%), Vitamin K: 5.4µg (5.15%), Vitamin E: 0.66mg (4.38%)