



Tex-Mex Chili



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



530 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15.5 oz kidney beans canned
- ☐ 15 oz chili beans sauce hot canned
- ☐ 1.3 oz chili seasoning
- ☐ 1 pound ground beef
- ☐ 12 oz salsa

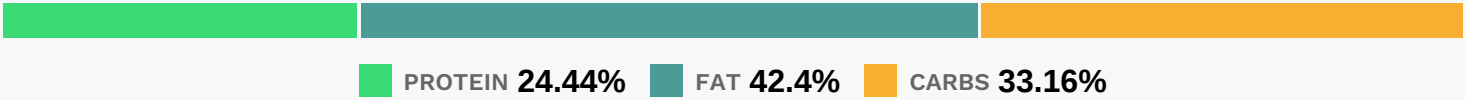
Equipment

- ☐ pot

Directions

- ☐ Combine all the ingredients together in a large stockpot; add 1/2 to one cup water.
- ☐ Bring to a boil over medium heat; reduce heat and simmer for 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:5.7, Inflammation Score:-10, Nutrition Score:32.323478170063%

Nutrients (% of daily need)

Calories: 529.78kcal (26.49%), Fat: 25.44g (39.14%), Saturated Fat: 9.14g (57.14%), Carbohydrates: 44.77g (14.92%), Net Carbohydrates: 29.86g (10.86%), Sugar: 11.77g (13.08%), Cholesterol: 80.51mg (26.84%), Sodium: 1691.9mg (73.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33g (66%), Vitamin A: 4784.51IU (95.69%), Fiber: 14.91g (59.64%), Vitamin B6: 1.08mg (54.03%), Zinc: 8.1mg (54.01%), Phosphorus: 514.37mg (51.44%), Iron: 7.78mg (43.23%), Potassium: 1491.61mg (42.62%), Vitamin B12: 2.44µg (40.62%), Vitamin B3: 7.56mg (37.81%), Magnesium: 128.6mg (32.15%), Vitamin B2: 0.54mg (31.59%), Copper: 0.62mg (30.85%), Selenium: 20.92µg (29.89%), Vitamin E: 4.33mg (28.84%), Manganese: 0.57mg (28.4%), Folate: 71.88µg (17.97%), Vitamin B1: 0.27mg (17.78%), Vitamin K: 17.66µg (16.82%), Calcium: 129.33mg (12.93%), Vitamin B5: 1.11mg (11.06%), Vitamin C: 4.38mg (5.31%)