



Three Bean Slow Burn Chili

 **Gluten Free**  **Dairy Free**

READY IN



90 min.

SERVINGS



12

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce black beans canned
- 40 ounce tomatoes diced with green chile peppers canned
- 0.1 cup chili powder
- 30 ounce chili beans in spicy sauce canned
- 6 cloves garlic crushed
- 2 pounds ground beef
- 0.1 cup ground cumin
- 0.1 cup coarsely ground pepper black

- 1 onion chopped
- 4 habanero peppers minced seeded
- 15 ounce kidney beans dark red canned
- 0.1 cup pepper flakes red
- 16 ounce salsa hot
- 1.3 ounce taco seasoning

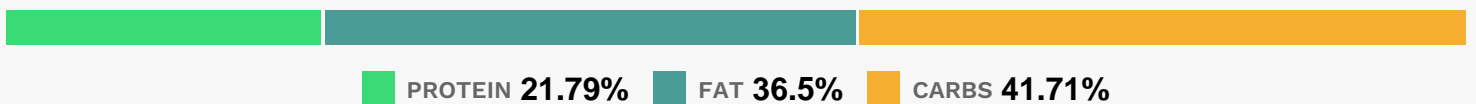
Equipment

- frying pan
- pot

Directions

- In a large pot over medium heat, combine garlic, onion, habanero peppers, chili beans, kidney beans, black beans, diced tomatoes with green chiles, salsa, chili powder, black pepper, red pepper flakes, cumin and taco seasoning. Bring to a boil, then reduce heat, cover and simmer.
- While soup is heating, cook beef in a large skillet over medium heat until brown.
- Drain excess fat, then stir beef into soup pot. Simmer, covered, until flavors are well blended, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:11.27, Glycemic Load:2.5, Inflammation Score:-9, Nutrition Score:29.602608597797%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.89mg, Luteolin: 1.89mg, Luteolin: 1.89mg, Luteolin: 1.89mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 410.22kcal (20.51%), Fat: 17.22g (26.5%), Saturated Fat: 6.13g (38.32%), Carbohydrates: 44.28g (14.76%), Net Carbohydrates: 31.87g (11.59%), Sugar: 15.56g (17.29%), Cholesterol: 53.68mg (17.89%), Sodium: 1845.78mg (80.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.14g (46.28%), Vitamin C: 56.82mg (68.87%), Vitamin A: 2705.68IU (54.11%), Fiber: 12.41g (49.63%), Manganese: 0.94mg (47.01%), Iron: 7.93mg (44.06%), Vitamin B6: 0.83mg (41.53%), Potassium: 1255.23mg (35.86%), Vitamin B3: 6.77mg (33.87%), Vitamin E: 4.92mg (32.82%), Phosphorus: 318.81mg (31.88%), Zinc: 4.5mg (29.97%), Vitamin B12: 1.62µg (26.96%), Copper: 0.52mg (25.97%), Folate: 96.23µg (24.06%), Vitamin K: 24.73µg (23.55%), Magnesium: 91.61mg (22.9%), Selenium: 14.95µg (21.36%), Vitamin B2: 0.36mg (21.34%), Vitamin B1: 0.32mg (21.24%), Calcium: 148.9mg (14.89%), Vitamin B5: 0.85mg (8.48%)