



Tuscan-Style Chili

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



986 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground sausage italian
- ☐ 1 cup bell pepper green chopped (1 large)
- ☐ 1 cup onion chopped (1 large)
- ☐ 38 oz all natural tomato soup hearty canned
- ☐ 38 oz cannellini beans rinsed drained canned
- ☐ 4 oz mozzarella cheese shredded

Equipment

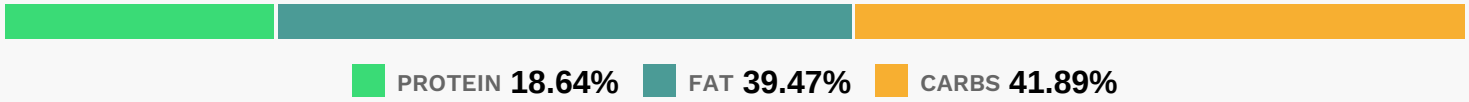
- ☐ sauce pan

☐ dutch oven

Directions

- ☐ In 4-quart saucepan or Dutch oven, cook sausage, bell pepper and onion over medium-high heat 8 to 10 minutes, stirring occasionally, until sausage is no longer pink.
- ☐ Stir in soups and beans. Cook about 10 minutes, stirring occasionally, until hot.
- ☐ Sprinkle each serving with cheese.

Nutrition Facts



Properties

Glycemic Index:39.88, Glycemic Load:28.88, Inflammation Score:-9, Nutrition Score:45.327391282372%

Flavonoids

Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.32mg, Quercetin: 9.32mg, Quercetin: 9.32mg, Quercetin: 9.32mg

Nutrients (% of daily need)

Calories: 985.63kcal (49.28%), Fat: 43.93g (67.59%), Saturated Fat: 17.06g (106.63%), Carbohydrates: 104.91g (34.97%), Net Carbohydrates: 87.71g (31.89%), Sugar: 25.83g (28.7%), Cholesterol: 108.58mg (36.19%), Sodium: 2038.21mg (88.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.69g (93.38%), Manganese: 1.93mg (96.5%), Potassium: 3168.33mg (90.52%), Vitamin C: 69.92mg (84.75%), Vitamin B1: 1.06mg (70.93%), Fiber: 17.2g (68.81%), Selenium: 45.53µg (65.04%), Iron: 11.32mg (62.86%), Phosphorus: 609mg (60.9%), Magnesium: 204.33mg (51.08%), Folate: 197.44µg (49.36%), Vitamin B6: 0.92mg (45.79%), Copper: 0.89mg (44.68%), Zinc: 6.48mg (43.17%), Calcium: 408.12mg (40.81%), Vitamin B3: 6.56mg (32.78%), Vitamin B12: 1.68µg (27.97%), Vitamin A: 1386IU (27.72%), Vitamin B2: 0.43mg (25.41%), Vitamin E: 3.24mg (21.62%), Vitamin K: 20µg (19.04%), Vitamin B5: 1.2mg (12.03%)