



All-American Chili

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons brown sugar
- ☐ 2 tablespoons chili powder
- ☐ 8 garlic cloves minced
- ☐ 1 cup bell pepper green chopped
- ☐ 1 tablespoon ground cumin
- ☐ 1 pound ground sirloin

- ☐ 6 ounces turkey sausage italian hot
- ☐ 1 jalapeno chopped
- ☐ 30 ounce no-salt-added kidney beans drained canned
- ☐ 1.3 cups merlot fruity
- ☐ 56 ounce no-salt-added tomatoes whole undrained coarsely chopped canned
- ☐ 2 cups onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 0.3 teaspoon salt
- ☐ 2 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 3 tablespoons tomato paste

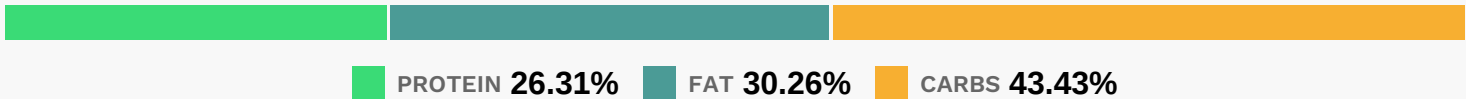
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat a large Dutch oven over medium-high heat.
- ☐ Remove casings from sausage.
- ☐ Add sausage, onion, and the next 4 ingredients (onion through jalapeo) to pan; cook 8 minutes or until sausage and beef are browned, stirring to crumble.
- ☐ Add chili powder and the next 7 ingredients (chili powder through bay leaves), and cook for 1 minute, stirring constantly. Stir in wine, tomatoes, and kidney beans; bring to a boil. Cover, reduce heat, and simmer 1 hour, stirring occasionally.
- ☐ Uncover and cook for 30 minutes, stirring occasionally. Discard the bay leaves.
- ☐ Sprinkle each serving with cheddar cheese.
- ☐ Note: Like most chilis, this version tastes even better the next day.

Nutrition Facts



Properties

Glycemic Index:32.41, Glycemic Load:6.93, Inflammation Score:-9, Nutrition Score:29.717391229194%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Petunidin: 0.74mg, Petunidin: 0.74mg, Petunidin: 0.74mg, Petunidin: 0.74mg Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg Malvidin: 5.19mg, Malvidin: 5.19mg, Malvidin: 5.19mg, Malvidin: 5.19mg Peonidin: 0.47mg, Peonidin: 0.47mg, Peonidin: 0.47mg, Peonidin: 0.47mg Catechin: 2.68mg, Catechin: 2.68mg, Catechin: 2.68mg, Catechin: 2.68mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 16.31mg, Quercetin: 16.31mg, Quercetin: 16.31mg, Quercetin: 16.31mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 435.57kcal (21.78%), Fat: 14.16g (21.78%), Saturated Fat: 5.63g (35.17%), Carbohydrates: 45.7g (15.23%), Net Carbohydrates: 33.38g (12.14%), Sugar: 12.06g (13.4%), Cholesterol: 56.91mg (18.97%), Sodium: 462.34mg (20.1%), Alcohol: 3.97g (100%), Alcohol %: 1% (100%), Protein: 27.69g (55.39%), Vitamin C: 48.54mg (58.84%), Iron: 9.82mg (54.57%), Fiber: 12.32g (49.27%), Manganese: 0.97mg (48.28%), Folate: 173.11µg (43.28%), Vitamin B6: 0.85mg (42.41%), Phosphorus: 401.85mg (40.18%), Potassium: 1293.31mg (36.95%), Zinc: 5.02mg (33.47%), Vitamin B3: 6.18mg (30.9%), Copper: 0.55mg (27.66%), Magnesium: 107.91mg (26.98%), Selenium: 18.69µg (26.69%), Vitamin B1: 0.35mg (23.46%), Vitamin B12: 1.4µg (23.28%), Vitamin B2: 0.39mg (22.9%), Vitamin A: 1123.92IU (22.48%), Vitamin K: 22.25µg (21.19%), Calcium: 197.1mg (19.71%), Vitamin E: 2.88mg (19.19%), Vitamin B5: 1.11mg (11.15%)