

Alligator Chili



Gluten Free



Dairy Free

READY IN



155 min.

SERVINGS



8

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 15 ounce kidney beans rinsed drained canned
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 1 teaspoon celery salt
- ☐ 1 tablespoon chili powder
- ☐ 1 tablespoon chipotle chile in adobo sauce chopped
- ☐ 1 bell pepper diced green
- ☐ 1 teaspoon ground cinnamon

- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon ground ginger
- ☐ 2 pounds ground alligator meat
- ☐ 1 dash hot sauce to taste
- ☐ 1 tablespoon olive oil
- ☐ 8 servings salt and pepper to taste
- ☐ 1 teaspoon paprika smoked
- ☐ 1 onion diced sweet
- ☐ 32 ounce tomato-vegetable juice cocktail such as V8®

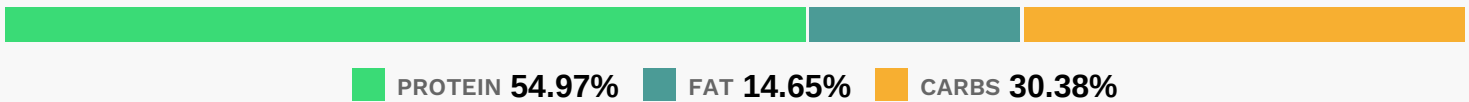
Equipment

- ☐ frying pan

Directions

- ☐ Heat the olive oil in a large skillet over medium heat. Stir in the green bell pepper and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Increase heat to medium-high heat and stir in the ground alligator. Cook and stir until the meat is crumbly, and evenly browned.
- ☐ Drain and discard any excess grease. Stir in the crushed tomatoes, tomato-vegetable juice cocktail, black beans, kidney beans, and chipotle chile. Season with chili powder, cumin, cinnamon, smoked paprika, celery salt, ground ginger, salt, and pepper. Reduce heat to low; cover and simmer for 2 to 3 hours, stirring in water if the chili becomes too thick.
- ☐ Serve with hot sauce.

Nutrition Facts



Properties

Glycemic Index:19.54, Glycemic Load:6.09, Inflammation Score:-8, Nutrition Score:18.199565224026%

Flavonoids

Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 7.69mg, Quercetin: 7.69mg, Quercetin: 7.69mg, Quercetin: 7.69mg

Nutrients (% of daily need)

Calories: 443.98kcal (22.2%), Fat: 7.26g (11.17%), Saturated Fat: 0.42g (2.6%), Carbohydrates: 33.89g (11.3%), Net Carbohydrates: 23.64g (8.6%), Sugar: 12.06g (13.4%), Cholesterol: 0mg (0%), Sodium: 988.17mg (42.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.33g (122.65%), Vitamin C: 45.73mg (55.44%), Fiber: 10.25g (40.99%), Manganese: 0.7mg (35.25%), Potassium: 960.13mg (27.43%), Vitamin A: 1204.9IU (24.1%), Copper: 0.48mg (23.99%), Folate: 93.29µg (23.32%), Vitamin B6: 0.46mg (23.11%), Iron: 4.11mg (22.81%), Vitamin B1: 0.29mg (19.26%), Magnesium: 75.36mg (18.84%), Phosphorus: 185.47mg (18.55%), Vitamin E: 2.4mg (15.98%), Vitamin B3: 2.86mg (14.31%), Vitamin K: 13.68µg (13.02%), Vitamin B2: 0.21mg (12.48%), Calcium: 98.02mg (9.8%), Zinc: 1.2mg (8.03%), Vitamin B5: 0.8mg (7.98%), Selenium: 2.73µg (3.9%)