



 **49%**
HEALTH SCORE

Ancho Chipotle Chili

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

READY IN



75 min.

SERVINGS



2

CALORIES



713 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 ancho chili pepper dried
- 5 g vegetable stock
- 1 tsp cumin
- 1 chipotle chile dried
- 2 servings cilantro leaves fresh
- 400 grams ground beef
- 6 large mushrooms chopped
- 6 large mushrooms chopped

- 1 onion chopped
- 2 tsp oregano dried
- 1 bell pepper red chopped
- 2 servings salt and pepper
- 500 grams tomato sauce
- 500 ml water hot

Equipment

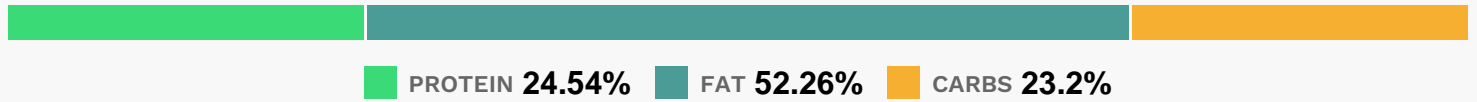
- bowl
- frying pan
- sauce pan
- pot
- spatula

Directions

- Slice open the dried ancho and chipotle chili and remove the seeds/pith.
- Place the dried chili peppers in a warm skillet (medium heat) and press them flat with a spatula to toast them for a few seconds per side until fragrant (be careful not to burn them!). Be sure to wear gloves or wash your hands directly after handling the chili peppers.
- Remove the dried chili and put them in a bowl or sauce pan.
- Pour 250 ml boiling water over it and leave it to soak for at least 15 minutes.
- In a large pot, saute the chopped bell pepper, onion, and mushrooms over medium heat.
- Meanwhile, fry the beef in a hot skillet until crispy.
- While the beef is frying, blend the chili peppers you've been soaking with the soaking liquid.
- Add the beef to the large pot filled with the sauteed vegetables.
- Add the tomato sauce and blended chili peppers to the pot. If it is not enough liquid, add beef or vegetable broth (the other 250 ml water and 5 grams bouillon powder, unless you have "real" broth on hand) until everything is covered.
- Season with salt, pepper, cumin, and oregano to taste.
- Simmer for about 45 minutes or until thick enough.

Serve with fresh cilantro.

Nutrition Facts



Properties

Glycemic Index:127.5, Glycemic Load:7.22, Inflammation Score:-10, Nutrition Score:51.765652173913%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg

Nutrients (% of daily need)

Calories: 712.71kcal (35.64%), Fat: 42.92g (66.03%), Saturated Fat: 15.81g (98.82%), Carbohydrates: 42.89g (14.3%), Net Carbohydrates: 28.68g (10.43%), Sugar: 25.22g (28.02%), Cholesterol: 142mg (47.33%), Sodium: 1567.88mg (68.17%), Protein: 45.34g (90.68%), Vitamin A: 7637.34IU (152.75%), Vitamin C: 106.27mg (128.81%), Vitamin B3: 18.21mg (91.04%), Vitamin B2: 1.3mg (76.62%), Vitamin B12: 4.34µg (72.25%), Vitamin B6: 1.44mg (71.94%), Zinc: 10.17mg (67.81%), Potassium: 2295.56mg (65.59%), Selenium: 45.42µg (64.88%), Phosphorus: 569.13mg (56.91%), Fiber: 14.21g (56.84%), Iron: 9.73mg (54.04%), Copper: 0.98mg (49.01%), Vitamin B5: 4.28mg (42.83%), Vitamin K: 44.23µg (42.12%), Vitamin E: 6.3mg (41.99%), Manganese: 0.76mg (37.89%), Magnesium: 123.01mg (30.75%), Folate: 111.13µg (27.78%), Vitamin B1: 0.34mg (22.59%), Calcium: 145.57mg (14.56%), Vitamin D: 0.48µg (3.17%)