



 **46%**
HEALTH SCORE

Arrogant Chili

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

READY IN



75 min.

SERVINGS



3

CALORIES



708 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 anaheim chili (or another fairly spicy pepper)
- 1 bay leaves
- 3 cups beef broth
- 0.3 cup pea-mond dressing
- 1 tablespoon brown sugar
- 1 tablespoon brown sugar
- 0.1 teaspoon ground pepper ()
- 4 tablespoons chili powder

- 1.5 teaspoons sea salt
- 2 tablespoons cocoa powder
- 3 cups hot-brewed coffee brewed (do not make it horribly strong or this will kill your chili)
- 1 teaspoon cumin
- 4 garlic clove minced
- 1 lb ground beef
- 3 tablespoons hot sauce (or whatever you like best)
- 0.8 cup kidney beans
- 0.3 cup navy beans
- 1 large onion
- 0.5 teaspoon pepper black
- 0.5 cup pinto beans
- 312 ml canned tomatoes canned
- 2 smallish tomatoes chopped
- 1 tablespoon worcestershire sauce

Equipment

- frying pan
- pot
- spatula

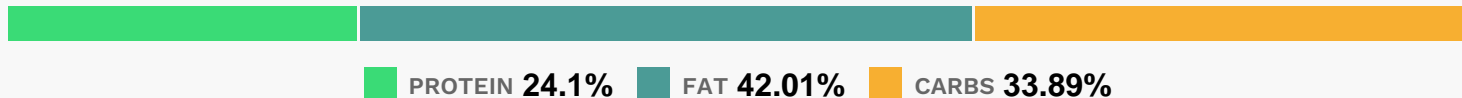
Directions

- In a large, heavy pot , over medium, medium-highish, saute onion and Anaheim chili pepper in a couple of Tbsp of oil When they soften, add tomatoes and cook for a minute or so, then add garlic and cook till it becomes fragrant.Stir in a little bit of the beef broth, enough to easily add tomato paste without sloshing liquid all over.
- Add remaining broth and coffee once the tomato paste is in there and more or less homogeneously mixed.
- Add the ground beef (I do not like to brown it in the pan, because I like little pieces of meat, not huge chunks, but you can do what you want), and break it up with a spatula until its bitsy

little pieces.

- Add all remaining ingredients, and when it comes to a simmer, turn heat to low, cover with the lid ajar, and let cook for an hour or so (at least!), make sure to stir often though. Check seasoning and serve with cornbread.

Nutrition Facts



Properties

Glycemic Index:112.4, Glycemic Load:10.12, Inflammation Score:-10, Nutrition Score:47.454782608696%

Flavonoids

Catechin: 2.16mg, Catechin: 2.16mg, Catechin: 2.16mg, Catechin: 2.16mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 6.64mg, Epicatechin: 6.64mg, Epicatechin: 6.64mg, Epicatechin: 6.64mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 14.16mg, Quercetin: 14.16mg, Quercetin: 14.16mg, Quercetin: 14.16mg

Nutrients (% of daily need)

Calories: 708.02kcal (35.4%), Fat: 34.18g (52.59%), Saturated Fat: 12.63g (78.96%), Carbohydrates: 62.05g (20.68%), Net Carbohydrates: 43.12g (15.68%), Sugar: 19.9g (22.12%), Cholesterol: 107.35mg (35.78%), Sodium: 2969.23mg (129.1%), Caffeine: 102.47mg (34.16%), Protein: 44.13g (88.26%), Vitamin A: 4151.23IU (83.02%), Fiber: 18.93g (75.72%), Manganese: 1.44mg (72.18%), Vitamin B6: 1.27mg (63.62%), Vitamin B3: 12.59mg (62.97%), Iron: 11.23mg (62.39%), Zinc: 8.89mg (59.26%), Folate: 236.12µg (59.03%), Potassium: 2035.22mg (58.15%), Phosphorus: 580.96mg (58.1%), Vitamin B12: 3.4µg (56.73%), Vitamin C: 39.89mg (48.35%), Vitamin E: 6.91mg (46.06%), Selenium: 32.02µg (45.74%), Copper: 0.9mg (44.9%), Vitamin B2: 0.74mg (43.55%), Magnesium: 166.76mg (41.69%), Vitamin B1: 0.5mg (33.28%), Vitamin K: 32.88µg (31.31%), Vitamin B5: 2.29mg (22.85%), Calcium: 215.52mg (21.55%), Vitamin D: 0.15µg (1.01%)