



Award Winning Chili



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 slices bacon
- ☐ 15 ounce kidney beans drained canned
- ☐ 14.5 ounce canned tomatoes chopped canned
- ☐ 1 carrots sliced
- ☐ 2 stalks celery chopped
- ☐ 1.3 ounce chili seasoning
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 tablespoon parsley fresh chopped

- ☐ 0.3 cup bell pepper green chopped
- ☐ 1.5 pounds ground beef
- ☐ 1 teaspoon ground cumin
- ☐ 1 onion chopped
- ☐ 0.3 cup bell pepper red chopped
- ☐ 1 pinch pepper flakes red crushed
- ☐ 0.3 cup bottled steak sauce
- ☐ 6 ounce tomato paste canned
- ☐ 0.3 cup white wine

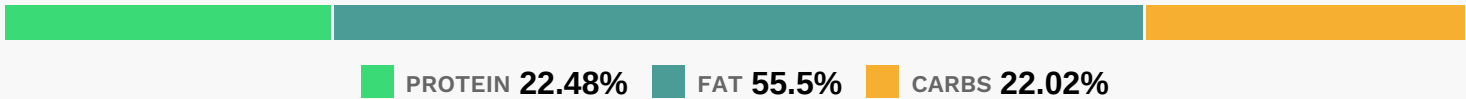
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot

Directions

- ☐ In a large pot over medium-low heat, combine tomatoes, tomato paste, carrot, onion, celery, wine, pepper flakes, bell peppers and steak sauce.
- ☐ While tomato mixture is simmering, in a large skillet over medium heat, cook bacon until crisp.
- ☐ Remove to paper towels. Cook beef in bacon drippings until brown; drain. Stir chili seasoning into ground beef.
- ☐ Stir seasoned beef, cumin and bacon into tomato mixture. Continue to simmer until vegetables are tender and flavors are well blended.
- ☐ Stir in beans, cilantro and parsley.
- ☐ Heat through and serve.

Nutrition Facts



Properties

Glycemic Index:46.85, Glycemic Load:4.93, Inflammation Score:-10, Nutrition Score:22.340434683406%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 1.36mg, Apigenin: 1.36mg, Apigenin: 1.36mg, Apigenin: 1.36mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 380.98kcal (19.05%), Fat: 23.59g (36.29%), Saturated Fat: 8.54g (53.37%), Carbohydrates: 21.06g (7.02%), Net Carbohydrates: 14.34g (5.21%), Sugar: 7.07g (7.86%), Cholesterol: 69.46mg (23.15%), Sodium: 560.68mg (24.38%), Alcohol: 0.77g (100%), Alcohol %: 0.34% (100%), Protein: 21.5g (43%), Vitamin A: 3906.44IU (78.13%), Vitamin B6: 0.63mg (31.6%), Vitamin B12: 1.89µg (31.48%), Zinc: 4.57mg (30.45%), Vitamin B3: 6.05mg (30.26%), Fiber: 6.72g (26.89%), Phosphorus: 265.07mg (26.51%), Iron: 4.71mg (26.19%), Selenium: 17.04µg (24.35%), Vitamin C: 20mg (24.24%), Potassium: 841.1mg (24.03%), Vitamin K: 24.31µg (23.15%), Manganese: 0.45mg (22.67%), Vitamin E: 2.92mg (19.46%), Vitamin B2: 0.29mg (17.17%), Copper: 0.34mg (16.93%), Magnesium: 62.5mg (15.63%), Vitamin B1: 0.22mg (14.96%), Folate: 43.34µg (10.83%), Vitamin B5: 0.97mg (9.73%), Calcium: 82.36mg (8.24%)