



## Barbecue Chili

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



25 min.

SERVINGS



8

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup barbecue sauce
- 29 oz tomatoes diced with green pepper, celery, and onion canned
- 8 oz tomato sauce canned
- 0.3 cup chili seasoning
- 1.5 pounds barbecue pork shredded

### Equipment

- bowl
- dutch oven

## Directions

- Stir together shredded pork and remaining ingredients in a Dutch oven; bring to a boil over medium-high heat, stirring occasionally. Cover, reduce heat to low, and simmer, stirring occasionally, 15 minutes.
- Serve with desired toppings. (See "Toppings for Chili" below.)
- Toppings for Chili: Good choices to add to your bowl include sour cream, salsa, diced plum tomatoes (they have a meatier texture and are easy to find in winter), shredded lettuce or spinach, shredded cheese, diced onion, sliced green onions, chopped cilantro, chopped avocado, sliced jalapeo peppers, cornbread croutons, and tortilla chips.

## Nutrition Facts

 **PROTEIN 20.06%**  **FAT 52.32%**  **CARBS 27.62%**

## Properties

Glycemic Index:7.5, Glycemic Load:0.61, Inflammation Score:-9, Nutrition Score:17.252608879753%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

## Nutrients (% of daily need)

Calories: 322.13kcal (16.11%), Fat: 19.05g (29.3%), Saturated Fat: 6.84g (42.72%), Carbohydrates: 22.63g (7.54%), Net Carbohydrates: 19.29g (7.01%), Sugar: 15.79g (17.54%), Cholesterol: 61.24mg (20.41%), Sodium: 700.25mg (30.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.43g (32.85%), Vitamin A: 2545.45IU (50.91%), Vitamin B1: 0.7mg (46.58%), Selenium: 21.94µg (31.35%), Vitamin B6: 0.59mg (29.54%), Vitamin B3: 5.37mg (26.84%), Vitamin B2: 0.35mg (20.6%), Potassium: 707.03mg (20.2%), Phosphorus: 197.3mg (19.73%), Vitamin E: 2.7mg (18.02%), Iron: 3.2mg (17.76%), Zinc: 2.33mg (15.55%), Vitamin C: 12.39mg (15.02%), Fiber: 3.35g (13.38%), Manganese: 0.23mg (11.73%), Magnesium: 44.37mg (11.09%), Copper: 0.2mg (9.98%), Vitamin B12: 0.6µg (9.92%), Vitamin B5: 0.95mg (9.49%), Vitamin K: 8.03µg (7.65%), Calcium: 69.84mg (6.98%), Folate: 17.95µg (4.49%)