



Beef and Beer Chili

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

READY IN



45 min.

SERVINGS



4

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounce beer (such as Budweiser)
- 14 ounce beef broth low-sodium canned
- 19 ounce beans red drained canned
- 14.5 ounce canned tomatoes diced undrained canned
- 1.5 tablespoons chili powder
- 2 garlic clove minced
- 8 ounces ground beef
- 2 teaspoons ground cumin

- 1 tablespoon juice of lime fresh
- 0.5 teaspoon oregano dried
- 1 cup bell pepper red chopped (1 small)
- 1.5 cups onion red chopped (1 medium)
- 0.5 teaspoon salt
- 1 teaspoon sugar
- 1 tablespoon cornmeal yellow

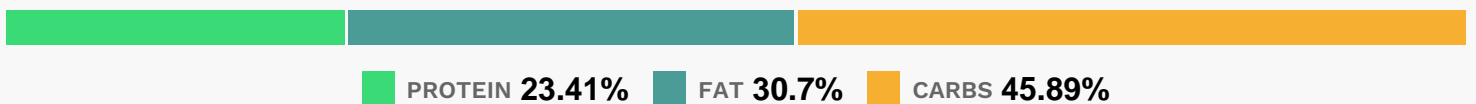
Equipment

- frying pan
- dutch oven

Directions

- Combine first 4 ingredients in a large Dutch oven over medium–high heat. Cook 5 minutes or until beef is browned, stirring to crumble. Stir in chili powder, cumin, sugar, and salt; cook 1 minute.
- Add oregano and next 4 ingredients (through beer) to pan; bring to a boil. Reduce heat, and simmer 15 minutes. Stir in cornmeal; cook 5 minutes. Stir in juice.

Nutrition Facts



Properties

Glycemic Index:92.02, Glycemic Load:13.65, Inflammation Score:-10, Nutrition Score:27.268695826116%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

0.06mg, Myricetin: 0.06mg Quercetin: 12.33mg, Quercetin: 12.33mg, Quercetin: 12.33mg, Quercetin: 12.33mg
Galocatechin: 0.07mg, Galocatechin: 0.07mg, Galocatechin: 0.07mg, Galocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 391.93kcal (19.6%), Fat: 13.11g (20.16%), Saturated Fat: 4.66g (29.11%), Carbohydrates: 44.07g (14.69%),
Net Carbohydrates: 31.64g (11.51%), Sugar: 12.49g (13.87%), Cholesterol: 40.26mg (13.42%), Sodium: 1049.64mg
(45.64%), Alcohol: 3.32g (100%), Alcohol %: 0.71% (100%), Protein: 22.49g (44.98%), Vitamin C: 64.35mg (78%),
Fiber: 12.43g (49.71%), Vitamin A: 2296.91IU (45.94%), Manganese: 0.85mg (42.54%), Vitamin B6: 0.77mg (38.45%),
Potassium: 1289.98mg (36.86%), Phosphorus: 327.01mg (32.7%), Iron: 5.8mg (32.24%), Vitamin B3: 5.67mg
(28.36%), Zinc: 3.97mg (26.46%), Copper: 0.51mg (25.33%), Magnesium: 98.33mg (24.58%), Vitamin E: 3.39mg
(22.58%), Folate: 88.78µg (22.2%), Vitamin B1: 0.32mg (21.45%), Vitamin B12: 1.23µg (20.51%), Vitamin B2: 0.33mg
(19.66%), Vitamin K: 18.89µg (17.99%), Selenium: 12.5µg (17.86%), Calcium: 130.79mg (13.08%), Vitamin B5: 1.03mg
(10.3%)