



 **100%**
HEALTH SCORE

Beef-and-Black-eyed Pea Chili

 Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



962 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup beef broth
- 16 oz black-eyed peas frozen
- 29 oz tomatoes diced canned
- 4.5 oz chiles green chopped canned
- 2 tablespoons chili powder
- 12 oz beer dark
- 3 garlic cloves minced
- 2 teaspoons ground cumin

- 2 pounds ground chili meat
- 0.5 teaspoon ground pepper red
- 1 slices toppings: pickled jalapeño pepper cheddar cheese shredded
- 1 tablespoon olive oil
- 2 teaspoons salt
- 1 teaspoon paprika smoked
- 1 medium size onion sweet chopped
- 6 oz tomato paste canned

Equipment

- dutch oven

Directions

- Cook first 3 ingredients in a Dutch oven over medium-high heat, stirring often, 8 to 10 minutes or until meat crumbles and is no longer pink; drain.
- Cook chili powder and cumin in hot olive oil in Dutch oven over medium heat, stirring constantly, 2 to 3 minutes or until fragrant.
- Add tomato paste, and cook, stirring constantly, 2 minutes.
- Add diced tomatoes, next 7 ingredients, and beef mixture; bring to a boil over medium-high heat. Cover, reduce heat to medium-low, and simmer 30 minutes.
- Serve with desired toppings.

Nutrition Facts



PROTEIN 15.35% **FAT 29.99%** **CARBS 54.66%**

Properties

Glycemic Index:57.13, Glycemic Load:9.02, Inflammation Score:-10, Nutrition Score:77.912173993562%

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 Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-

gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg Quercetin: 13.1mg, Quercetin: 13.1mg, Quercetin: 13.1mg, Quercetin: 13.1mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 962.47kcal (48.12%), Fat: 39.52g (60.79%), Saturated Fat: 7.3g (45.64%), Carbohydrates: 162.03g (54.01%), Net Carbohydrates: 69.8g (25.38%), Sugar: 31.39g (34.88%), Cholesterol: 4.25mg (1.42%), Sodium: 5692.56mg (247.5%), Alcohol: 3.32g (100%), Alcohol %: 0.49% (100%), Protein: 45.51g (91.02%), Vitamin A: 69226.78IU (1384.54%), Vitamin E: 91.08mg (607.2%), Fiber: 92.23g (368.93%), Vitamin B6: 5.48mg (274.06%), Iron: 46.94mg (260.79%), Vitamin K: 257.25µg (245%), Manganese: 4.86mg (243.06%), Potassium: 5563.53mg (158.96%), Vitamin B3: 30.67mg (153.33%), Copper: 2.9mg (145.21%), Vitamin B2: 2.46mg (144.7%), Magnesium: 456.8mg (114.2%), Phosphorus: 997.71mg (99.77%), Calcium: 947.75mg (94.78%), Folate: 366.59µg (91.65%), Zinc: 12.2mg (81.3%), Selenium: 53.45µg (76.36%), Vitamin B1: 0.99mg (65.83%), Vitamin C: 40.95mg (49.64%), Vitamin B5: 3.07mg (30.75%), Vitamin B12: 0.1µg (1.73%)