

Beef and Dark Beer Chili

Popular

READY IN SERVINGS

45 min.

12



LUNCH

MAIN COURSE

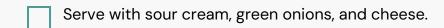
MAIN DISH

DINNER

Ingredients

Ш	30 ounce kidney beans drained canned
	56 ounce canned tomatoes with added puree crushed canned
	2 tablespoons canola oil
	12 servings sharp cheddar cheese extra-sharp grated
	7 tablespoons chili powder
	2 teaspoons chipotles in adobo canned packed minced ()
	12 ounce beer dark (such as stout)
	12 servings spring onion chopped

	5 pounds ground beef
	1 tablespoon ground coriander
	1.5 tablespoons ground cumin
	2 large jalapeno with seeds, chopped (1/3 cup)
	2.5 pounds onion coarsely chopped
	1.5 pounds bell pepper red seeded cut into 1/2-inch pieces
	12 servings cream sour
	1.5 pounds bell pepper yellow seeded cut into 1/2-inch pieces
Eq	uipment
	bowl
	frying pan
	ladle
	pot
Di	rections
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Dii	Toast cumin and coriander in skillet over medium heat until darker and beginning to smoke, about 4 minutes. Cool. Sauté beef in heavy large pot over medium-high heat until no longer pink, breaking up with spoon, about 8 minutes.
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Nutrition Facts

PROTEIN 22.87% 📗 FAT 57.52% 📒 CARBS 19.61%

Properties

Glycemic Index:23.79, Glycemic Load:9.62, Inflammation Score:-10, Nutrition Score:45.950000306834%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Apigenin: 0.01mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 846.99kcal (42.35%), Fat: 54.6g (84%), Saturated Fat: 21.98g (137.35%), Carbohydrates: 41.89g (13.96%), Net Carbohydrates: 30.13g (10.96%), Sugar: 14.67g (16.3%), Cholesterol: 171.27mg (57.09%), Sodium: 769.91mg (33.47%), Alcohol: 1.11g (100%), Alcohol %: 0.2% (100%), Protein: 48.85g (97.69%), Vitamin C: 200.53mg (243.07%), Vitamin A: 4028.54IU (80.57%), Vitamin B12: 4.39µg (73.22%), Zinc: 10.52mg (70.15%), Vitamin B6: 1.39mg (69.62%), Phosphorus: 644.59mg (64.46%), Vitamin B3: 11.94mg (59.72%), Selenium: 40.87µg (58.39%), Iron: 8.53mg (47.36%), Fiber: 11.76g (47.04%), Potassium: 1637.79mg (46.79%), Manganese: 0.85mg (42.48%), Vitamin B2: 0.7mg (41.02%), Vitamin E: 5.96mg (39.72%), Calcium: 386.79mg (38.68%), Vitamin K: 36.86µg (35.11%), Copper: 0.65mg (32.28%), Magnesium: 126.53mg (31.63%), Folate: 122.21µg (30.55%), Vitamin B1: 0.38mg (25.31%), Vitamin B5: 2.03mg (20.29%), Vitamin D: 0.37µg (2.46%)