

Big Game Day Chili

 Dairy Free

READY IN



105 min.

SERVINGS



16

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices applewood bacon smoked cut into 1-inch pieces
- 2 cups beef broth
- 2 pounds beef stew meat cubed
- 28 ounce black beans rinsed drained canned
- 29 ounce kidney beans rinsed drained canned
- 56 ounce tomato sauce canned
- 0.3 teaspoon chili powder to taste
- 7 ounce chipotle peppers in adobo sauce chopped canned

- 12 fluid ounce beer dark
- 1 head garlic minced peeled
- 1 tablespoon fresh-ground pepper black
- 2.5 ounces chocolate candy bar dark
- 1 orange bell pepper chopped
- 0.3 cup oregano dried crumbled
- 2 teaspoons salt to taste
- 2 pounds sausage meat italian
- 1 onion sweet chopped
- 12 ounce tomato paste canned
- 2 tablespoons vegetable oil
- 1 bell pepper yellow chopped
- 2 onions yellow chopped

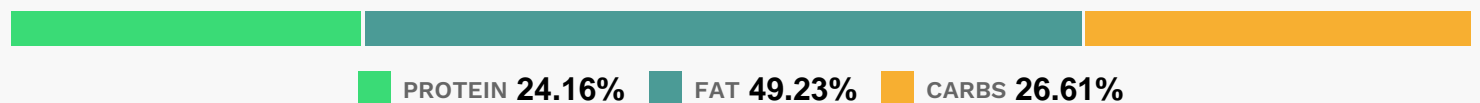
Equipment

- pot

Directions

- Heat the oil in a large deep pot over medium-high heat, and stir in the onions, garlic, and bell peppers. Cook and stir until the onions are transparent, about 5 minutes.
- Add the beef stew meat, sausage, and bacon. Cook until meats are evenly browned.
- Drain the fat.
- Stir in the tomato sauce, tomato paste, black beans, kidney beans, chipotle peppers with sauce, beef broth, beer, chili powder, oregano, pepper, salt, and chocolate. Bring the mixture to a boil. Reduce heat to low and simmer for at least 1 hour; 2 hours is preferred.

Nutrition Facts



Properties

Glycemic Index:22.03, Glycemic Load:6.06, Inflammation Score:-9, Nutrition Score:27.152608888305%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 498.99kcal (24.95%), Fat: 27.23g (41.88%), Saturated Fat: 9.62g (60.11%), Carbohydrates: 33.11g (11.04%), Net Carbohydrates: 22.24g (8.09%), Sugar: 9.3g (10.33%), Cholesterol: 82.01mg (27.34%), Sodium: 1710.97mg (74.39%), Alcohol: 0.86g (100%), Alcohol %: 0.24% (100%), Caffeine: 3.54mg (1.18%), Protein: 30.06g (60.12%), Selenium: 33.96µg (48.51%), Vitamin C: 37.53mg (45.49%), Vitamin B6: 0.88mg (43.81%), Fiber: 10.87g (43.47%), Vitamin B3: 8.33mg (41.66%), Phosphorus: 390.39mg (39.04%), Vitamin B1: 0.58mg (38.87%), Manganese: 0.71mg (35.45%), Iron: 6.05mg (33.63%), Potassium: 1143.21mg (32.66%), Zinc: 4.58mg (30.52%), Copper: 0.55mg (27.4%), Vitamin B12: 1.63µg (27.17%), Magnesium: 94.33mg (23.58%), Vitamin B2: 0.4mg (23.42%), Folate: 83.78µg (20.95%), Vitamin E: 2.34mg (15.62%), Vitamin K: 15.96µg (15.2%), Vitamin A: 754.17IU (15.08%), Vitamin B5: 1.22mg (12.2%), Calcium: 106.29mg (10.63%)