

Buckeye State Chili

 Gluten Free

READY IN



55 min.

SERVINGS



10

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 1 cup onion chopped
- ☐ 1 cup bell pepper green chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 16 oz mild cheddar cheese thick
- ☐ 15 oz tomato sauce organic canned
- ☐ 1 cup beef broth flavored (from 32-oz carton)
- ☐ 0.3 cup creamy peanut butter

- ☐ 0.3 cup semi chocolate chips
- ☐ 1 small chipotles in adobo seeded finely chopped (from 7-oz can)
- ☐ 2 tablespoons chili powder
- ☐ 2 teaspoons ground cumin
- ☐ 15 oz black beans rinsed drained canned
- ☐ 12 oz corn frozen

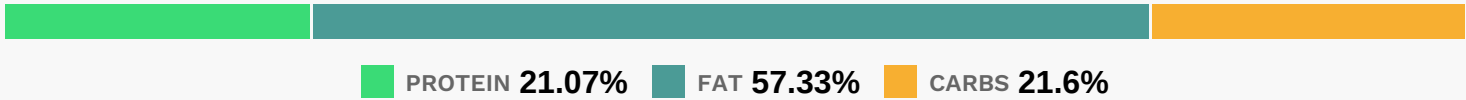
Equipment

- ☐ dutch oven

Directions

- ☐ In 5-quart Dutch oven, cook beef, onion, bell pepper and garlic over medium heat 8 to 10 minutes, stirring occasionally, until beef is thoroughly cooked; drain.
- ☐ Stir in salsa, tomato sauce, broth, peanut butter, chocolate chips, chipotle chile, chili powder and cumin.
- ☐ Heat to boiling; reduce heat. Cover and simmer 10 minutes, stirring occasionally. Stir in beans and corn; simmer uncovered 10 to 15 minutes, stirring occasionally, until desired consistency.

Nutrition Facts



Properties

Glycemic Index:15.8, Glycemic Load:1.62, Inflammation Score:-8, Nutrition Score:20.285217430281%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 466.05kcal (23.3%), Fat: 30.44g (46.84%), Saturated Fat: 14.01g (87.56%), Carbohydrates: 25.81g (8.6%), Net Carbohydrates: 19.33g (7.03%), Sugar: 5.26g (5.84%), Cholesterol: 77.83mg (25.94%), Sodium: 839.12mg

(36.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.87mg (1.29%), Protein: 25.18g (50.35%), Phosphorus: 418.44mg (41.84%), Calcium: 373.7mg (37.37%), Selenium: 22.04µg (31.49%), Zinc: 4.55mg (30.31%), Fiber: 6.48g (25.92%), Vitamin B2: 0.42mg (24.76%), Vitamin B12: 1.48µg (24.61%), Vitamin C: 19.97mg (24.2%), Vitamin A: 1179IU (23.58%), Vitamin B3: 4.58mg (22.89%), Manganese: 0.45mg (22.67%), Vitamin B6: 0.43mg (21.58%), Magnesium: 78.49mg (19.62%), Iron: 3.51mg (19.5%), Potassium: 679.73mg (19.42%), Folate: 67.14µg (16.78%), Vitamin E: 2.43mg (16.23%), Copper: 0.31mg (15.56%), Vitamin B1: 0.17mg (11.45%), Vitamin B5: 0.86mg (8.63%), Vitamin K: 6.33µg (6.03%), Vitamin D: 0.32µg (2.12%)