



Carol's Vermont Chili

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

READY IN



105 min.

SERVINGS



8

CALORIES



869 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 40 ounce kidney beans drained canned
- 15 ounce tomato sauce canned
- 28 ounce canned tomatoes crushed canned
- 2 tablespoons chili powder
- 2 cloves garlic minced
- 4 pounds ground beef chuck
- 1 tablespoon coarse ground pepper black
- 2 jalapeño peppers seeded sliced

- 0.8 cup maple syrup
- 2 tablespoons olive oil
- 1 large onion coarsely chopped
- 1 bell pepper red coarsely chopped
- 8 servings salt to taste

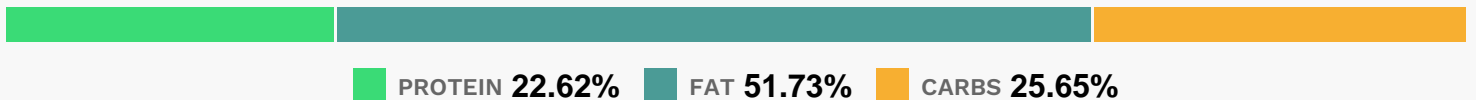
Equipment

- frying pan
- pot

Directions

- Heat the olive oil in a large pot over medium heat. Stir in the garlic, onion, red bell pepper, and jalapeno peppers. Cook and stir until the onion is tender, about 7 minutes.
- Add the tomato sauce, crushed tomatoes, maple syrup, and kidney beans. Season with black pepper and chili powder. Bring to a boil, then reduce heat to a simmer.
- Meanwhile, heat a large skillet over medium-high heat and stir in the ground beef.
- Sprinkle beef with salt. Cook and stir until the beef is crumbly, evenly browned, and no longer pink.
- Drain and discard any excess grease; stir into the chili along with 1 beer. Cook and stir for 1 hour, stirring frequently. Season to taste with salt, and thin to desired consistency with 1 beer before serving.

Nutrition Facts



Properties

Glycemic Index:40.56, Glycemic Load:18.17, Inflammation Score:-9, Nutrition Score:40.807391197785%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin:

4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg

Nutrients (% of daily need)

Calories: 868.86kcal (43.44%), Fat: 50.2g (77.23%), Saturated Fat: 18.13g (113.31%), Carbohydrates: 56.01g (18.67%), Net Carbohydrates: 44.19g (16.07%), Sugar: 28.69g (31.88%), Cholesterol: 161.03mg (53.68%), Sodium: 1128.86mg (49.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.39g (98.77%), Vitamin B12: 4.85µg (80.89%), Manganese: 1.55mg (77.74%), Zinc: 11.13mg (74.22%), Vitamin B3: 12.51mg (62.54%), Vitamin B6: 1.18mg (59.03%), Phosphorus: 573.24mg (57.32%), Vitamin B2: 0.94mg (55.37%), Selenium: 37.17µg (53.1%), Iron: 8.57mg (47.61%), Fiber: 11.83g (47.3%), Vitamin C: 38.81mg (47.04%), Potassium: 1616.9mg (46.2%), Copper: 0.63mg (31.66%), Magnesium: 123.88mg (30.97%), Vitamin A: 1544.5IU (30.89%), Vitamin E: 4.6mg (30.69%), Vitamin B1: 0.38mg (25.35%), Vitamin K: 23.55µg (22.43%), Folate: 82.47µg (20.62%), Vitamin B5: 1.88mg (18.77%), Calcium: 173.22mg (17.32%), Vitamin D: 0.23µg (1.51%)