



## Chili (AKA Heaven)



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



8

CALORIES



646 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 45 ounce tomatoes diced canned
- 45 ounce chili beans sauce canned
- 3 tablespoons chili powder hot
- 1 teaspoon garlic minced
- 3 pounds ground beef
- 1 tablespoon ground cumin
- 6 jalapeño peppers diced
- 2 habanero peppers diced (wear gloves)

- 15 ounce water canned
- 2 onions diced yellow

## Equipment

- pot

## Directions

- Heat a large soup pot over medium-high heat. Cook and stir beef in the pot until browned and crumbly, 5 to 7 minutes; drain and discard grease.
- Cook and stir onions, jalapeno peppers, habanero peppers, and garlic with the ground beef until onions are slightly softened, about 5 minutes.
- Add chili beans, tomatoes, water, chili powder, and cumin; bring to a boil. Reduce heat and simmer until flavors blend, about 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:13, Glycemic Load:0.83, Inflammation Score:-9, Nutrition Score:35.177391503168%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.58mg, Quercetin: 7.58mg, Quercetin: 7.58mg, Quercetin: 7.58mg

## Nutrients (% of daily need)

Calories: 645.66kcal (32.28%), Fat: 36.54g (56.21%), Saturated Fat: 13.44g (83.97%), Carbohydrates: 39.91g (13.3%), Net Carbohydrates: 29.22g (10.62%), Sugar: 14.72g (16.35%), Cholesterol: 120.77mg (40.26%), Sodium: 1553.62mg (67.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.64g (79.28%), Zinc: 10.8mg (71.98%), Vitamin B6: 1.37mg (68.57%), Vitamin C: 56.14mg (68.05%), Vitamin B12: 3.66µg (60.93%), Phosphorus: 574.6mg (57.46%), Iron: 9.02mg (50.12%), Vitamin B3: 9.59mg (47.97%), Potassium: 1668.32mg (47.67%), Fiber: 10.69g (42.76%), Selenium: 28.63µg (40.9%), Vitamin B2: 0.63mg (37.22%), Copper: 0.7mg (34.85%), Magnesium: 133.36mg (33.34%), Vitamin A: 1328.58IU (26.57%), Vitamin E: 3.78mg (25.18%), Folate: 78.09µg (19.52%), Vitamin B1: 0.26mg

(17.03%), Calcium: 159.2mg (15.92%), Manganese: 0.3mg (15.2%), Vitamin K: 15.8µg (15.04%), Vitamin B5: 1.17mg (11.67%), Vitamin D: 0.17µg (1.13%)