



Chili con Carne

READY IN



130 min.

SERVINGS



10

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 chipotle chile canned
- ☐ 3 pounds chuck roast boneless trimmed cut into 1/2-inch cubes
- ☐ 3 tablespoons flour all-purpose
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 1 tablespoon ground cumin
- ☐ 6 tablespoons cheddar cheese shredded reduced-fat
- ☐ 2 tablespoons olive oil divided

- ☐ 3 cups onion chopped
- ☐ 1 tablespoon oregano dried
- ☐ 3 cups plum tomatoes peeled seeded chopped (10 medium)
- ☐ 8 poblano chiles
- ☐ 1.5 teaspoons salt

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags
- ☐ dutch oven

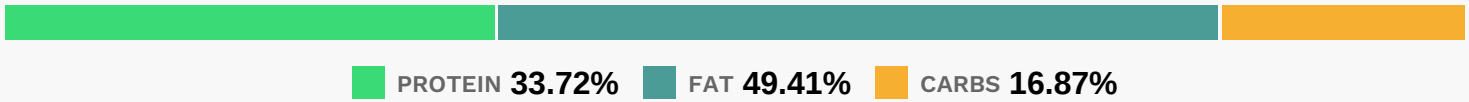
Directions

- ☐ Preheat broiler.
- ☐ Place poblanos on a foil-lined baking sheet; broil 8 minutes or until charred, turning after 6 minutes.
- ☐ Place poblanos in a zip-top plastic bag; seal.
- ☐ Let stand 15 minutes. Peel and cut chiles into 1-inch pieces.
- ☐ Sprinkle beef with salt and black pepper; dredge in flour.
- ☐ Heat 1 tablespoon olive oil in a Dutch oven over medium-high heat.
- ☐ Add half of beef to pan; saut for 5 minutes, turning to brown on all sides.
- ☐ Remove from pan. Repeat procedure with remaining oil and beef.
- ☐ Reduce heat to medium.
- ☐ Add onion to pan; cook 12 minutes, stirring occasionally.
- ☐ Add garlic; cook 3 minutes, stirring frequently. Return beef to pan. Stir in tomato, oregano, and cumin; bring to a simmer. Cover and cook 1 hour, stirring occasionally. Stir in poblanos; simmer for 45 minutes or until beef is tender, stirring occasionally. Rinse, seed, and chop chipotle. Stir in chipotle and cilantro.

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Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:25.4, Glycemic Load:3.38, Inflammation Score:-9, Nutrition Score:26.353043615818%

Flavonoids

Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 4.5mg, Luteolin: 4.5mg, Luteolin: 4.5mg, Luteolin: 4.5mg Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 12.34mg, Quercetin: 12.34mg, Quercetin: 12.34mg, Quercetin: 12.34mg

Nutrients (% of daily need)

Calories: 342.81kcal (17.14%), Fat: 19.25g (29.62%), Saturated Fat: 7.55g (47.17%), Carbohydrates: 14.78g (4.93%), Net Carbohydrates: 10.96g (3.98%), Sugar: 6.36g (7.07%), Cholesterol: 94.78mg (31.59%), Sodium: 494.6mg (21.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.57g (59.13%), Vitamin C: 90.28mg (109.43%), Zinc: 10.71mg (71.4%), Vitamin B12: 3.74µg (62.26%), Vitamin B6: 0.87mg (43.74%), Selenium: 29.87µg (42.68%), Vitamin B3: 7.01mg (35.07%), Phosphorus: 335.72mg (33.57%), Potassium: 885.75mg (25.31%), Iron: 4.24mg (23.54%), Vitamin A: 995.77IU (19.92%), Vitamin K: 20.3µg (19.33%), Manganese: 0.37mg (18.37%), Vitamin B2: 0.28mg (16.3%), Fiber: 3.83g (15.3%), Vitamin B1: 0.22mg (14.52%), Magnesium: 53.21mg (13.3%), Copper: 0.22mg (11.22%), Vitamin B5: 1.08mg (10.83%), Vitamin E: 1.53mg (10.18%), Folate: 39.32µg (9.83%), Calcium: 85.07mg (8.51%)