



Chili II



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 bay leaf
- ☐ 1.5 cups beef stock
- ☐ 15 ounce black beans drained canned
- ☐ 28 ounce canned tomatoes drained canned
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 tablespoon chili powder
- ☐ 1 pinch sage dried

- ☐ 6 cloves garlic minced
- ☐ 2 pounds ground beef
- ☐ 8 servings ground pepper black to taste
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion minced
- ☐ 1 pinch oregano dried
- ☐ 0.5 cup red wine
- ☐ 2 teaspoons salt
- ☐ 7 sun-dried tomatoes softened chopped
- ☐ 2 tablespoons tomato paste
- ☐ 1 pinch sugar white

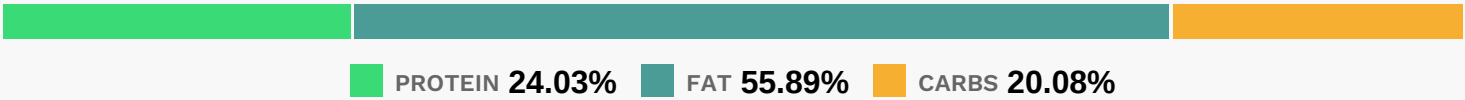
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ In a large Dutch oven, heat the olive oil over medium heat. Brown the ground beef until no longer pink.
- ☐ Drain most of the fat from the ground beef.
- ☐ Push the ground beef to the sides of the pan and saute the onion and garlic in the middle until softened.
- ☐ Pour in beef stock, red wine, and balsamic vinegar. Stir in tomatoes, sun-dried tomatoes, tomato paste and black beans.
- ☐ Mix thoroughly.
- ☐ Sprinkle in the cayenne pepper, chili powder, salt, pepper, oregano, sage and sugar, then add the bay leaf.
- ☐ Mix thoroughly.
- ☐ Cover and simmer on lowest heat for 45 to 90 minutes.

Nutrition Facts



Properties

Glycemic Index:46.76, Glycemic Load:3.42, Inflammation Score:-7, Nutrition Score:21.165652057399%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 440.08kcal (22%), Fat: 26.92g (41.41%), Saturated Fat: 9.33g (58.34%), Carbohydrates: 21.76g (7.25%), Net Carbohydrates: 15.18g (5.52%), Sugar: 7.04g (7.83%), Cholesterol: 80.51mg (26.84%), Sodium: 1133.79mg (49.3%), Alcohol: 1.59g (100%), Alcohol %: 0.57% (100%), Protein: 26.05g (52.09%), Vitamin B12: 2.43µg (40.45%), Zinc: 5.55mg (37%), Vitamin B3: 7.2mg (36%), Vitamin B6: 0.66mg (32.85%), Phosphorus: 305.51mg (30.55%), Iron: 5.31mg (29.51%), Potassium: 1013.59mg (28.96%), Selenium: 19.76µg (28.23%), Fiber: 6.58g (26.31%), Manganese: 0.47mg (23.66%), Copper: 0.44mg (22.03%), Vitamin B2: 0.36mg (21.12%), Vitamin E: 2.8mg (18.68%), Magnesium: 72.02mg (18.01%), Vitamin C: 13.58mg (16.46%), Vitamin B1: 0.24mg (15.81%), Folate: 58.47µg (14.62%), Vitamin K: 14.29µg (13.61%), Vitamin A: 623.84IU (12.48%), Vitamin B5: 1.02mg (10.24%), Calcium: 94.68mg (9.47%)