



Chili Mac

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



540 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup beef broth
- 14 ounce canned tomatoes crushed canned
- 28 ounce canned tomatoes diced canned
- 3 tablespoons chili powder dark ()
- 8 servings coarse salt
- 1 pound corkscrew shaped pasta with lines or elbows with lines
- 2 tablespoons cumin (1 palm ful)
- 4 cloves garlic chopped

- 2 pounds ground sirloin
- 2 jalapeño peppers chopped
- 2 tablespoons olive oil extra-virgin (2 turns around the pan in a slow stream)
- 2 tablespoons cayenne pepper sauce
- 8 servings scallions chopped for garnish
- 1 onion sweet chopped

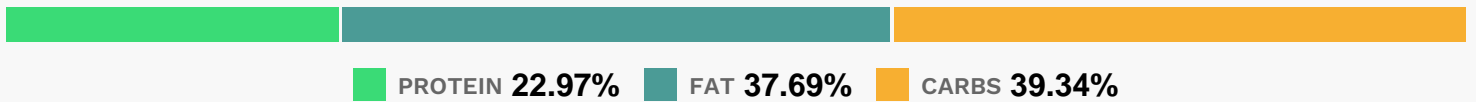
Equipment

- pot

Directions

- Watch how to make this recipe.
- In a large pot, boil pasta until al dente.
- Meanwhile, in a big, deep pot, brown beef in oil over medium high heat.
- Add onions, peppers, and garlic. Season meat mixture with chili powder, cumin, cayenne, and salt. Cook together 5 minutes, stir in beer or broth, and reduce liquid by half, 2 minutes. Stir in tomatoes and simmer for 10 minutes.
- Drain pasta.
- Add hot pasta to chili pot and stir to coat pasta evenly.
- Remove from heat and garnish big bowlfuls of chili mac with chopped scallions.

Nutrition Facts



Properties

Glycemic Index:26.38, Glycemic Load:18.45, Inflammation Score:-9, Nutrition Score:25.430434672729%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.5mg, Myricetin:

0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 6.85mg, Quercetin: 6.85mg, Quercetin: 6.85mg, Quercetin: 6.85mg

Nutrients (% of daily need)

Calories: 539.54kcal (26.98%), Fat: 22.61g (34.79%), Saturated Fat: 7.49g (46.81%), Carbohydrates: 53.12g (17.71%), Net Carbohydrates: 48.16g (17.51%), Sugar: 6.45g (7.17%), Cholesterol: 77.11mg (25.7%), Sodium: 505.92mg (22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.02g (62.04%), Selenium: 55.53µg (79.33%), Zinc: 6.35mg (42.3%), Vitamin B12: 2.48µg (41.36%), Manganese: 0.82mg (41.05%), Vitamin B3: 7.74mg (38.72%), Vitamin B6: 0.74mg (37.05%), Phosphorus: 357.59mg (35.76%), Vitamin A: 1633.44IU (32.67%), Iron: 5.67mg (31.48%), Potassium: 813.59mg (23.25%), Vitamin K: 23.74µg (22.61%), Vitamin E: 3.34mg (22.27%), Copper: 0.41mg (20.63%), Fiber: 4.96g (19.83%), Magnesium: 78.67mg (19.67%), Vitamin B2: 0.3mg (17.66%), Vitamin C: 13.39mg (16.23%), Vitamin B1: 0.18mg (12.14%), Vitamin B5: 1.1mg (11.03%), Folate: 40.72µg (10.18%), Calcium: 89.18mg (8.92%)