



Chili Rick's

 Gluten Free  Dairy Free

READY IN



180 min.

SERVINGS



20

CALORIES



545 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound bacon diced
- ☐ 32 ounce hickory smoke barbeque sauce
- ☐ 56 ounce tomatoes diced peeled canned
- ☐ 61 ounce kidney beans undrained canned
- ☐ 58 ounce tomato sauce canned
- ☐ 0.5 cup chili powder
- ☐ 1 tablespoon penzey's southwest seasoning italian
- ☐ 3 pounds ground beef lean

- ☐ 2 cups onion diced
- ☐ 2 pounds spicy sausage
- ☐ 2 ounce chocolate unsweetened chopped

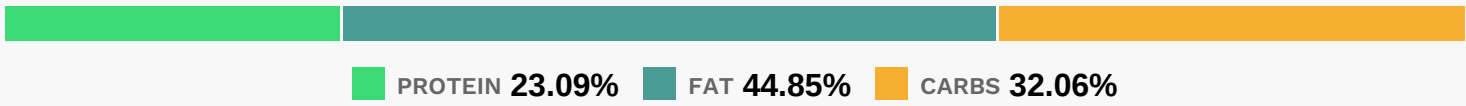
Equipment

- ☐ frying pan
- ☐ pot
- ☐ dutch oven

Directions

- ☐ In a large pot or Dutch oven over medium heat, combine tomato sauce, tomatoes, onion and Italian seasoning.
- ☐ In a large skillet over medium heat, cook bacon until slightly crisp.
- ☐ Drain and stir into the pot.
- ☐ In the same skillet over medium heat, cook sausage until brown.
- ☐ Drain and stir into the pot.
- ☐ In the same skillet over medium heat, cook the beef until brown.
- ☐ Drain and stir into the pot.
- ☐ Stir the barbeque sauce and chili powder into the pot; taste and adjust seasonings. Stir in the kidney beans and chocolate and simmer until flavors are well blended.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:7.85, Glycemic Load:6.03, Inflammation Score:-9, Nutrition Score:28.175652089326%

Flavonoids

Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg Epicatechin: 4.02mg, Epicatechin: 4.02mg, Epicatechin: 4.02mg, Epicatechin: 4.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 544.91kcal (27.25%), Fat: 27.74g (42.67%), Saturated Fat: 9.74g (60.88%), Carbohydrates: 44.61g (14.87%), Net Carbohydrates: 34.69g (12.61%), Sugar: 22.61g (25.13%), Cholesterol: 89.81mg (29.94%), Sodium: 1773.67mg (77.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.13g (64.25%), Vitamin B3: 9.62mg (48.08%), Vitamin A: 2351.15IU (47.02%), Vitamin B6: 0.88mg (44.21%), Zinc: 6.18mg (41.21%), Phosphorus: 400.71mg (40.07%), Fiber: 9.93g (39.7%), Iron: 6.79mg (37.71%), Potassium: 1281.64mg (36.62%), Manganese: 0.72mg (36.06%), Vitamin B12: 2.02µg (33.72%), Vitamin E: 4.79mg (31.96%), Selenium: 20.04µg (28.63%), Copper: 0.56mg (27.98%), Vitamin B1: 0.4mg (26.63%), Vitamin B2: 0.43mg (25.16%), Magnesium: 97.3mg (24.32%), Vitamin C: 15.65mg (18.97%), Vitamin K: 17.5µg (16.66%), Vitamin B5: 1.48mg (14.81%), Folate: 47.08µg (11.77%), Calcium: 117.56mg (11.76%), Vitamin D: 0.75µg (4.99%)