



Chili Spaghetti

 Popular

READY IN



80 min.

SERVINGS



8

CALORIES



806 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 medium bay leaves
- ☐ 2 cups beef stock
- ☐ 1 tablespoon kitchen bouquet
- ☐ 0.5 teaspoon cajun spice
- ☐ 1 can canned tomatoes
- ☐ 1 tablespoon chili powder
- ☐ 3 garlic cloves
- ☐ 1 tablespoon granulated sugar

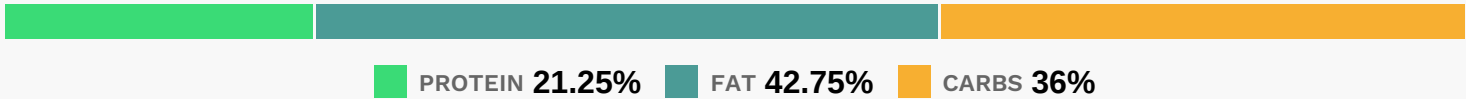
- ☐ 1 bell pepper green
- ☐ 2 pounds ground beef
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 tablespoon ground cumin
- ☐ 1 teaspoon hot sauce
- ☐ 2 tablespoons jalapeño peppers
- ☐ 2 cans kidney beans light
- ☐ 8 servings kosher salt and freshly cracked pepper black
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon oregano dried
- ☐ 8 servings cheddar cheese shredded finely
- ☐ 8 servings spaghetti noodles cooked thin
- ☐ 8 ounce tomato sauce
- ☐ 2 tablespoons worcestershire sauce
- ☐ 1 onion yellow

Equipment

Directions

- ☐ Recipe: Chili Spaghetti with Homemade Beef Chili with Beans
- ☐ From the Kitchen of Deep South Dish
- ☐ Prep time: 20 min |Cook time: 1 hour |

Nutrition Facts



Properties

Glycemic Index:50.39, Glycemic Load:25.71, Inflammation Score:-9, Nutrition Score:35.756087220233%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

Nutrients (% of daily need)

Calories: 805.59kcal (40.28%), Fat: 38.47g (59.18%), Saturated Fat: 15.31g (95.71%), Carbohydrates: 72.89g (24.3%), Net Carbohydrates: 61.46g (22.35%), Sugar: 10.53g (11.69%), Cholesterol: 110.51mg (36.84%), Sodium: 1169.44mg (50.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.01g (86.03%), Selenium: 63.98µg (91.4%), Manganese: 1.26mg (63.11%), Phosphorus: 611.32mg (61.13%), Zinc: 7.88mg (52.53%), Iron: 8.34mg (46.33%), Vitamin B12: 2.74µg (45.75%), Fiber: 11.43g (45.73%), Vitamin B6: 0.83mg (41.57%), Vitamin B3: 8.2mg (40.99%), Calcium: 375.29mg (37.53%), Potassium: 1262.05mg (36.06%), Vitamin C: 27.37mg (33.18%), Vitamin B2: 0.55mg (32.36%), Copper: 0.64mg (31.82%), Magnesium: 126.77mg (31.69%), Vitamin K: 31.72µg (30.21%), Vitamin A: 1163.45IU (23.27%), Vitamin B1: 0.33mg (21.93%), Vitamin E: 3.13mg (20.84%), Folate: 76.73µg (19.18%), Vitamin B5: 1.38mg (13.82%), Vitamin D: 0.29µg (1.96%)