



Chipotle Chili con Carne

 Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons chiles in adobo sauce
- ☐ 29 ounce tomatoes diced undrained canned
- ☐ 15 ounce tomato sauce canned
- ☐ 1 tablespoon chili powder
- ☐ 2 chipotle peppers in adobo sauce seeded chopped (see Note)
- ☐ 2 garlic cloves minced
- ☐ 1 large bell pepper green chopped
- ☐ 9 servings green onions sliced

- ☐ 1 teaspoon ground cumin
- ☐ 1 pound ground round
- ☐ 1 pound ground venison
- ☐ 9 servings monterrey jack cheese shredded
- ☐ 1 medium onion chopped
- ☐ 2 teaspoons oregano dried
- ☐ 16 ounce sage-flavored pork sausage
- ☐ 0.5 teaspoon salt
- ☐ 9 servings cup heavy whipping cream sour

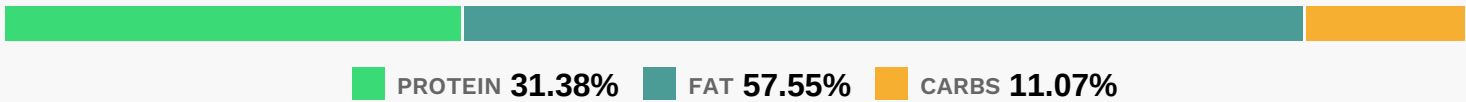
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Cook first 6 ingredients in a large skillet over medium-high heat, stirring until beef, venison, and pork crumble and are no longer pink.
- ☐ Meanwhile, stir together diced tomatoes and next 7 ingredients in a 4 1/2-quart electric slow cooker.
- ☐ Drain meat mixture, and stir into tomato mixture. Cover and cook on LOW 5 hours.
- ☐ To serve, spoon chili into bowls. Top with cheese, sour cream, and green onions.
- ☐ Note: Find chipotle peppers in (7-ounce) cans on the grocery aisle with Mexican ingredients.

Nutrition Facts



Properties

Glycemic Index:23.22, Glycemic Load:1.28, Inflammation Score:-8, Nutrition Score:22.331739114678%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg

Nutrients (% of daily need)

Calories: 396.6kcal (19.83%), Fat: 25.38g (39.05%), Saturated Fat: 9.69g (60.59%), Carbohydrates: 10.98g (3.66%), Net Carbohydrates: 7.8g (2.84%), Sugar: 5.7g (6.34%), Cholesterol: 117.34mg (39.11%), Sodium: 1092.89mg (47.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.14g (62.29%), Vitamin B3: 9.21mg (46.03%), Vitamin B12: 2.52µg (41.97%), Vitamin B6: 0.82mg (40.95%), Zinc: 6.07mg (40.44%), Vitamin C: 29.25mg (35.46%), Vitamin B1: 0.52mg (34.4%), Phosphorus: 321.03mg (32.1%), Iron: 5.28mg (29.36%), Potassium: 878.94mg (25.11%), Vitamin B2: 0.42mg (24.44%), Vitamin K: 23.02µg (21.92%), Selenium: 14.81µg (21.15%), Vitamin A: 835.8IU (16.72%), Vitamin E: 2.39mg (15.96%), Copper: 0.3mg (14.89%), Magnesium: 54.33mg (13.58%), Vitamin B5: 1.34mg (13.36%), Fiber: 3.18g (12.72%), Manganese: 0.24mg (12.04%), Calcium: 94.35mg (9.43%), Folate: 27.43µg (6.86%), Vitamin D: 0.71µg (4.74%)