



Cincinnati Chili



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce canned tomatoes diced undrained canned
- ☐ 1 tablespoon canola oil
- ☐ 0.5 cup flat-leaf parsley fresh chopped
- ☐ 2 teaspoons garam masala
- ☐ 2 teaspoons garlic minced
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.3 teaspoon ground pepper red

- ☐ 1.5 pounds ground sirloin
- ☐ 1.5 cups onion divided chopped
- ☐ 15.5 ounce kidney beans light red rinsed drained canned
- ☐ 31 ounce kidney beans dark red divided rinsed drained canned
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.5 teaspoon salt divided
- ☐ 2 tablespoons tomato paste
- ☐ 1 cup water

Equipment

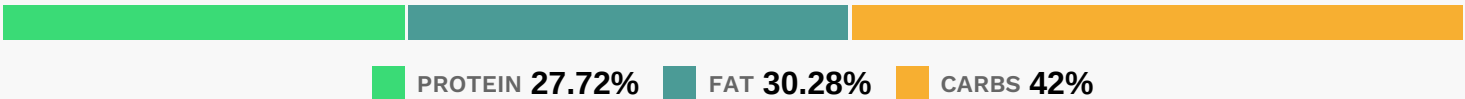
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray.
- ☐ Add 1/4 teaspoon salt and beef to pan; cook 6 minutes or until browned, stirring to crumble.
- ☐ Transfer beef to a small bowl; keep warm.
- ☐ Reduce heat to medium; recoat pan with cooking spray.
- ☐ Add 1 1/2 cups onion to pan; cook 4 minutes, stirring frequently.
- ☐ Add garlic to pan; cook 1 minute, stirring constantly.
- ☐ Add remaining 1/4 teaspoon salt, oil, and the next 4 ingredients (through nutmeg) to pan; cook 1 minute or until fragrant, stirring constantly.
- ☐ Add tomato paste; cook 1 minute.
- ☐ Add 1 cup water, vinegar, and tomatoes to pan; bring to a boil. Reserve 1/2 cup dark red kidney beans.
- ☐ Add beef, remaining dark red kidney beans, and light red kidney beans to pan; cover, reduce heat, and simmer 30 minutes. Ladle 1 1/4 cups chili into each of 8 bowls. Top each serving with 1 tablespoon remaining dark red kidney beans, about 1 teaspoon remaining chopped onion,

and 1 tablespoon parsley.

Nutrition Facts



Properties

Glycemic Index:42.7, Glycemic Load:10.98, Inflammation Score:-8, Nutrition Score:31.416956707187%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 17.35mg, Quercetin: 17.35mg, Quercetin: 17.35mg, Quercetin: 17.35mg

Nutrients (% of daily need)

Calories: 460.48kcal (23.02%), Fat: 15.78g (24.27%), Saturated Fat: 5.31g (33.18%), Carbohydrates: 49.23g (16.41%), Net Carbohydrates: 34.15g (12.42%), Sugar: 6.71g (7.46%), Cholesterol: 57.83mg (19.28%), Sodium: 372.93mg (16.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.5g (64.99%), Vitamin K: 83.63µg (79.65%), Folate: 244.22µg (61.05%), Fiber: 15.08g (60.3%), Manganese: 1.07mg (53.58%), Iron: 8.37mg (46.52%), Phosphorus: 427.15mg (42.71%), Zinc: 5.98mg (39.83%), Potassium: 1317.23mg (37.64%), Vitamin B6: 0.7mg (35%), Copper: 0.68mg (33.88%), Vitamin B3: 6.34mg (31.69%), Vitamin B12: 1.85µg (30.76%), Magnesium: 116.72mg (29.18%), Vitamin B1: 0.4mg (26.34%), Vitamin C: 19.5mg (23.63%), Selenium: 16.49µg (23.56%), Vitamin B2: 0.3mg (17.4%), Vitamin E: 2.14mg (14.26%), Vitamin A: 617.3IU (12.35%), Vitamin B5: 1.17mg (11.68%), Calcium: 110.11mg (11.01%)