



Cincinnati Chili

READY IN



120 min.

SERVINGS



8

CALORIES



642 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup apple cider vinegar
- 15 ounce tomato sauce canned
- 0.3 teaspoon cayenne pepper
- 0.3 cup chili powder
- 1 pound pasta like spaghetti cooked
- 4 cloves garlic minced
- 0.5 teaspoon ground allspice
- 2 pounds ground beef chuck
- 1 tablespoon ground cinnamon

- 0.3 teaspoon ground cloves
- 2 teaspoons ground cumin
- 8 servings kosher salt and pepper black freshly ground
- 4 tablespoons olive oil extra-virgin
- 2 tablespoons paprika
- 8 servings pinto beans and cheddar cheese grated for topping
- 2 onions sweet plus more for topping finely chopped (such as Vidalia)
- 2 medium tomatoes diced

Equipment

- bowl
- pot
- wooden spoon

Directions

- Heat the olive oil in a large, heavy pot over medium-high heat.
- Add the onions and cook, stirring, until translucent, about 5 minutes.
- Transfer to a plate.
- Add the ground beef to the pot, sprinkle with 1/2 teaspoon each salt and black pepper and cook, breaking up the meat with a wooden spoon, until no longer pink, about 4 minutes.
- Remove from the heat and return the cooked onions to the pot; stir in the garlic.
- Combine the tomato sauce, diced tomatoes, vinegar, chili powder, paprika, cinnamon, cumin, allspice, cloves and cayenne in a bowl; add to the pot along with 1 cup water and stir to combine. Bring to a simmer over medium-low heat and cook until the chili is slightly thickened, about 1 hour, 30 minutes.
- Serve the chili over the spaghetti; top with chopped onion, pinto beans and grated cheddar and serve with oyster crackers on the side.
- Photograph by Kat Teutsch

Nutrition Facts



■ PROTEIN 20.19% ■ FAT 58.32% ■ CARBS 21.49%

Properties

Glycemic Index:41.56, Glycemic Load:9.68, Inflammation Score:-10, Nutrition Score:29.664347731549%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg Quercetin: 12.22mg, Quercetin: 12.22mg, Quercetin: 12.22mg, Quercetin: 12.22mg

Nutrients (% of daily need)

Calories: 641.55kcal (32.08%), Fat: 42.14g (64.83%), Saturated Fat: 15.8g (98.74%), Carbohydrates: 34.94g (11.65%), Net Carbohydrates: 28.12g (10.22%), Sugar: 8.07g (8.97%), Cholesterol: 110.51mg (36.84%), Sodium: 657.32mg (28.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.82g (65.63%), Vitamin A: 3878.58IU (77.57%), Selenium: 43.12µg (61.59%), Zinc: 6.87mg (45.79%), Vitamin B12: 2.74µg (45.75%), Phosphorus: 427.78mg (42.78%), Vitamin B6: 0.82mg (40.8%), Vitamin E: 6.08mg (40.5%), Manganese: 0.8mg (39.78%), Vitamin B3: 6.95mg (34.73%), Iron: 5.96mg (33.09%), Calcium: 311.69mg (31.17%), Vitamin B2: 0.46mg (27.3%), Fiber: 6.82g (27.28%), Potassium: 896.83mg (25.62%), Vitamin K: 21.03µg (20.03%), Magnesium: 74.29mg (18.57%), Copper: 0.36mg (18.15%), Vitamin C: 12.61mg (15.29%), Folate: 49.86µg (12.47%), Vitamin B5: 1.15mg (11.53%), Vitamin B1: 0.16mg (10.53%), Vitamin D: 0.29µg (1.96%)