



Cincinnati Chili

READY IN



65 min.

SERVINGS



8

CALORIES



719 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 19 ounce kidney beans drained and rinsed canned
- ☐ 6 ounce tomato sauce canned
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 pound cheddar cheese grated
- ☐ 2 tablespoons chili powder
- ☐ 12 ounces pasta like spaghetti cooked
- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon ground allspice

- ☐ 1.5 pounds ground beef chuck
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.5 teaspoon ground coriander
- ☐ 1.5 teaspoons ground cumin
- ☐ 8 servings kosher salt
- ☐ 2 onions chopped
- ☐ 8 servings oyster crackers for serving
- ☐ 8 servings pepper freshly ground
- ☐ 1 tablespoon red wine vinegar
- ☐ 2 tablespoons paprika sweet
- ☐ 1 cup tomatoes diced
- ☐ 2 tablespoons chocolate unsweetened chopped
- ☐ 2 tablespoons vegetable oil
- ☐ 2 tablespoons worcestershire sauce

Equipment

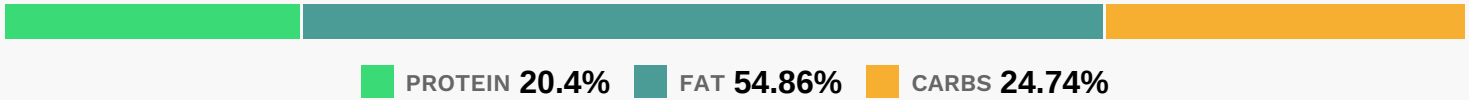
- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Heat the oil in a medium Dutch oven or heavy pot over medium heat.
- ☐ Add half the chopped onions and the garlic and cook until soft, stirring, about 5 minutes.
- ☐ Add the chili powder, paprika, cumin, allspice, coriander, cinnamon, cayenne and cloves. Cook, stirring, until fragrant.
- ☐ Add the beef and cook the mixture, stirring, until the beef is no longer pink, about 5 minutes.
- ☐ Add 1 tablespoon salt.
- ☐ Add the tomato sauce, diced tomatoes, bay leaf and 1 1/2 cups water; simmer the mixture, uncovered, stirring occasionally, until slightly thicker.

- ☐
- Add the chocolate, vinegar and Worcestershire and cook until the mixture is thickened but still soupy, about 15 more minutes.
- ☐
- Discard the bay leaf and season the chili with the freshly ground pepper. Divide the spaghetti among bowls and top with the chili, beans, remaining onion and cheddar.
- ☐
- Serve with the oyster crackers.

Nutrition Facts



Properties

Glycemic Index:46.44, Glycemic Load:10.99, Inflammation Score:-9, Nutrition Score:29.343478534533%

Flavonoids

Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg Epicatechin: 5.24mg, Epicatechin: 5.24mg, Epicatechin: 5.24mg, Epicatechin: 5.24mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg

Nutrients (% of daily need)

Calories: 719.16kcal (35.96%), Fat: 44.35g (68.24%), Saturated Fat: 19.63g (122.7%), Carbohydrates: 44.99g (15%), Net Carbohydrates: 36.88g (13.41%), Sugar: 5.09g (5.66%), Cholesterol: 117.08mg (39.03%), Sodium: 1129.86mg (49.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.11g (74.22%), Selenium: 43.61µg (62.3%), Phosphorus: 557.03mg (55.7%), Calcium: 483.99mg (48.4%), Zinc: 7.07mg (47.15%), Vitamin A: 2309.05IU (46.18%), Manganese: 0.92mg (46.11%), Vitamin B12: 2.43µg (40.58%), Iron: 6.23mg (34.6%), Vitamin B2: 0.58mg (34.15%), Fiber: 8.11g (32.45%), Vitamin B3: 5.98mg (29.9%), Vitamin B6: 0.56mg (28.24%), Potassium: 800.47mg (22.87%), Magnesium: 90.85mg (22.71%), Copper: 0.45mg (22.56%), Vitamin K: 22.26µg (21.2%), Vitamin E: 3.01mg (20.09%), Vitamin B1: 0.29mg (19.13%), Folate: 71.46µg (17.87%), Vitamin B5: 1.06mg (10.59%), Vitamin C: 7.66mg (9.29%), Vitamin D: 0.43µg (2.83%)