



## Cincinnati Chili

READY IN



140 min.

SERVINGS



8

CALORIES



1050 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 3 tablespoons apple cider vinegar
- ☐ 1 tablespoon brown sugar packed ()
- ☐ 30 ounce kidney beans rinsed drained canned
- ☐ 1.5 teaspoons ground pepper
- ☐ 8 servings cheddar cheese
- ☐ 1.5 tablespoons chili powder
- ☐ 6 garlic clove finely chopped
- ☐ 8 servings yogurt
- ☐ 1.5 teaspoons ground allspice

- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 3 pounds lamb
- ☐ 4.7 cups beef broth divided ()
- ☐ 4 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 3 cups onion chopped
- ☐ 8 servings onion chopped
- ☐ 1 tablespoon oregano dried
- ☐ 4 tablespoons parsley fresh italian divided chopped
- ☐ 1 pound pasta like spaghetti
- ☐ 0.3 cup tomato paste
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 1 tablespoon worcestershire sauce

## Equipment

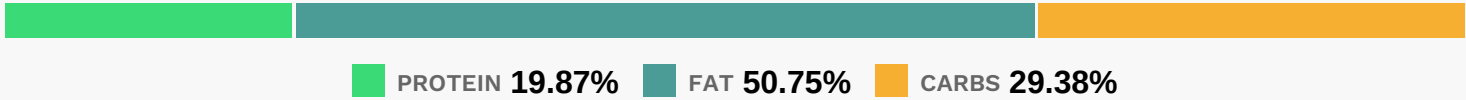
- ☐ bowl
- ☐ frying pan
- ☐ pot

## Directions

- ☐ Heat 2 tablespoons oil in large deep skillet over medium heat.
- ☐ Add onions; saut until tender, about 10 minutes.
- ☐ Add garlic; stir 1 minute.
- ☐ Add lamb; cook until browned, breaking into pieces, about 15 minutes.
- ☐ Add cocoa and next 4 ingredients; stir 3 minutes. Stir in 4 cups broth and next 6 ingredients. Bring to boil; reduce heat to medium-low. Simmer uncovered until thickened, stirring often, about 1 hour. Spoon fat from top of chili. Season with salt and pepper. Thin with broth by 1/3 cupfuls. Stir in 2 tablespoons parsley.
- ☐ Meanwhile, cook spaghetti in pot of boiling salted water until tender but still firm to bite, stirring occasionally.

- ☐ Drain.
- ☐ Transfer to large bowl. Toss with beans and 2 tablespoons oil. Season with salt and pepper.
- ☐ Divide spaghetti among bowls. Top with chili.
- ☐ Garnish with cheese, onions, and parsley.

## Nutrition Facts



## Properties

Glycemic Index:47.38, Glycemic Load:25.91, Inflammation Score:-9, Nutrition Score:40.440434414407%

## Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 5.76mg, Isorhamnetin: 5.76mg, Isorhamnetin: 5.76mg, Isorhamnetin: 5.76mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 23.51mg, Quercetin: 23.51mg, Quercetin: 23.51mg, Quercetin: 23.51mg

## Nutrients (% of daily need)

Calories: 1050.46kcal (52.52%), Fat: 59.32g (91.27%), Saturated Fat: 24.71g (154.44%), Carbohydrates: 77.27g (25.76%), Net Carbohydrates: 65.65g (23.87%), Sugar: 11.76g (13.07%), Cholesterol: 154.28mg (51.43%), Sodium: 1239.86mg (53.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.26g (104.53%), Selenium: 80.55µg (115.07%), Vitamin B12: 4.35µg (72.43%), Phosphorus: 708.84mg (70.88%), Vitamin B3: 13.54mg (67.72%), Manganese: 1.34mg (67.11%), Zinc: 8.87mg (59.13%), Vitamin K: 56.05µg (53.38%), Fiber: 11.62g (46.47%), Vitamin B2: 0.7mg (41.46%), Iron: 6.65mg (36.94%), Potassium: 1272.92mg (36.37%), Calcium: 356.7mg (35.67%), Magnesium: 138.67mg (34.67%), Copper: 0.67mg (33.67%), Vitamin B6: 0.66mg (33.2%), Vitamin B1: 0.44mg (29.17%), Folate: 106.9µg (26.72%), Vitamin A: 1256.37IU (25.13%), Vitamin E: 2.98mg (19.88%), Vitamin C: 15.88mg (19.24%), Vitamin B5: 1.85mg (18.47%), Vitamin D: 0.36µg (2.42%)