



Cincinnati Chili

READY IN



140 min.

SERVINGS



8

CALORIES



1026 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 cayenne pepper
- ☐ 8 servings cheddar cheese
- ☐ 1.5 tablespoons chili powder
- ☐ 6 garlic cloves finely chopped
- ☐ 8 servings coarsely rated goat's-milk gouda cheese
- ☐ 1.5 teaspoons ground allspice

- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 3 pounds lamb
- ☐ 4.7 cups low-salt beef broth divided ()
- ☐ 4 tablespoons olive oil extra-virgin divided
- ☐ 8 servings onions 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

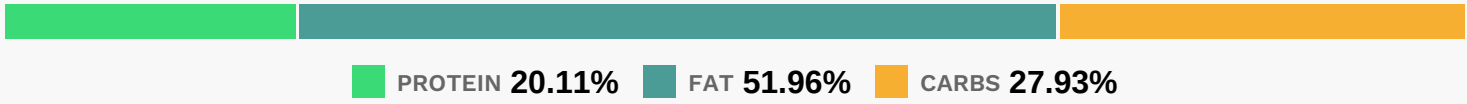
- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat 2 tablespoons oil in large deep skillet over medium heat.
- ☐ Add onions; sauté 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:44, Glycemic Load:24.67, Inflammation Score:-9, Nutrition Score:38.976956699205%

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: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 11.33mg, Quercetin: 11.33mg, Quercetin: 11.33mg, Quercetin: 11.33mg

Nutrients (% of daily need)

Calories: 1026.46kcal (51.32%), Fat: 59.26g (91.17%), Saturated Fat: 24.69g (154.29%), Carbohydrates: 71.67g (23.89%), Net Carbohydrates: 61.07g (22.21%), Sugar: 9.22g (10.24%), Cholesterol: 154.28mg (51.43%), Sodium: 1237.46mg (53.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.6g (103.21%), Selenium: 80.25µg (114.64%), Vitamin B12: 4.35µg (72.43%), Phosphorus: 691.44mg (69.14%), Vitamin B3: 13.47mg (67.37%), Manganese: 1.26mg (63.24%), Zinc: 8.77mg (58.45%), Vitamin K: 55.81µg (53.15%), Fiber: 10.6g (42.39%), Vitamin B2: 0.69mg (40.51%), Iron: 6.52mg (36.24%), Calcium: 342.9mg (34.29%), Potassium: 1185.32mg (33.87%), Magnesium: 132.67mg (33.17%), Copper: 0.65mg (32.5%), Vitamin B6: 0.59mg (29.6%), Vitamin B1: 0.41mg (27.33%), Vitamin A: 1255.17IU (25.1%), Folate: 95.5µg (23.87%), Vitamin E: 2.97mg (19.8%), Vitamin B5: 1.77mg (17.74%), Vitamin C: 11.44mg (13.86%), Vitamin D: 0.36µg (2.42%)