



Cincinnati Chili

READY IN



45 min.

SERVINGS



8

CALORIES



536 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large bay leaves
- ☐ 3 tablespoons chili powder
- ☐ 8 servings pasta like spaghetti hot cooked
- ☐ 1 clove garlic minced
- ☐ 2 teaspoons ground allspice
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 1 tablespoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 pounds ground round

- ☐ 1 large onion finely chopped
- ☐ 8 servings onion chopped
- ☐ 1 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 8 servings cheddar cheese shredded
- ☐ 12 ounce no-salt-added tomato paste canned
- ☐ 2 cups water
- ☐ 1 teaspoon citrus champagne vinegar
- ☐ 1 teaspoon worcestershire sauce

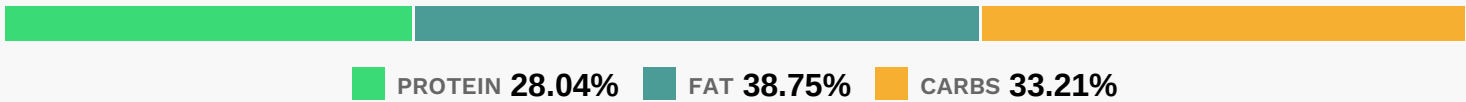
Equipment

- ☐ pressure cooker

Directions

- ☐ Combine ground round and water in a 4-quart pressure cooker; stir with a fork until thoroughly blended. Stir in tomato paste and next 12 ingredients.
- ☐ Cover cooker with lid, and seal securely; place pressure control over vent and tube. Cook over high heat until pressure control rocks back and forth quickly. Reduce heat until pressure control rocks occasionally; cook 15 minutes.
- ☐ Remove from heat; run cold water over cooker to reduce pressure. Carefully remove lid.
- ☐ Remove and discard bay leaves, stirring well.
- ☐ Serve chili over hot spaghetti, and top with cheese and onion.
- ☐ Serve with oyster crackers.

Nutrition Facts



Properties

Glycemic Index:36.69, Glycemic Load:16.66, Inflammation Score:-9, Nutrition Score:27.869130300439%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.69mg, Isorhamnetin: 3.69mg, Isorhamnetin: 3.69mg, Isorhamnetin: 3.69mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 14.98mg, Quercetin: 14.98mg, Quercetin: 14.98mg, Quercetin: 14.98mg

Nutrients (% of daily need)

Calories: 536.32kcal (26.82%), Fat: 23.27g (35.8%), Saturated Fat: 10.69g (66.82%), Carbohydrates: 44.86g (14.95%), Net Carbohydrates: 38.81g (14.11%), Sugar: 9.21g (10.23%), Cholesterol: 103.71mg (34.57%), Sodium: 965.25mg (41.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.89g (75.78%), Selenium: 53.13µg (75.9%), Zinc: 7.55mg (50.36%), Vitamin B12: 2.82µg (47.07%), Phosphorus: 467.26mg (46.73%), Vitamin B3: 7.92mg (39.6%), Vitamin A: 1882.95IU (37.66%), Vitamin B6: 0.74mg (36.81%), Manganese: 0.71mg (35.51%), Iron: 6.27mg (34.85%), Potassium: 1054.65mg (30.13%), Calcium: 292.76mg (29.28%), Vitamin B2: 0.44mg (26.17%), Vitamin E: 3.68mg (24.55%), Fiber: 6.05g (24.21%), Copper: 0.42mg (20.85%), Magnesium: 80.8mg (20.2%), Vitamin C: 15.34mg (18.59%), Vitamin B5: 1.08mg (10.79%), Vitamin K: 10.57µg (10.07%), Folate: 39.51µg (9.88%), Vitamin B1: 0.15mg (9.82%), Vitamin D: 0.29µg (1.96%)