



Cincinnati Chili



Gluten Free



Dairy Free

READY IN



495 min.

SERVINGS



10

CALORIES



181 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon allspice
- ☐ 15 oz kidney beans rinsed drained canned
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 2 tablespoons chili powder
- ☐ 1 teaspoon cinnamon
- ☐ 2 cloves garlic finely chopped
- ☐ 2 pounds ground beef lean
- ☐ 2 onions finely chopped

- ☐ 2 teaspoons oregano dried
- ☐ 10 servings salt
- ☐ 6 oz tomato paste canned
- ☐ 1 teaspoon cocoa powder unsweetened

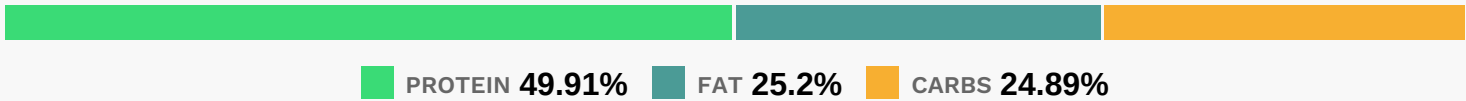
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ In a large skillet, cook ground beef and 1 tsp. salt over medium-high heat, breaking up beef with a spoon, until meat loses its pink color, about 8 minutes.
- ☐ Drain excess fat from pan.
- ☐ Add meat to slow cooker along with 2 cups water, tomato paste, onions, garlic, chili powder, oregano, cocoa, cinnamon, allspice and cayenne pepper. Cover and cook on low for 5 to 7 hours.
- ☐ Add beans and cook 1 hour more, stirring in an additional 1/2 cup water if chili looks dry. Season with salt.

Nutrition Facts



Properties

Glycemic Index:20.4, Glycemic Load:2.99, Inflammation Score:-7, Nutrition Score:14.077826028285%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 180.74kcal (9.04%), Fat: 5.05g (7.77%), Saturated Fat: 2.15g (13.43%), Carbohydrates: 11.22g (3.74%), Net Carbohydrates: 7.34g (2.67%), Sugar: 2.62g (2.91%), Cholesterol: 56.25mg (18.75%), Sodium: 412.45mg (17.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.5g (45%), Vitamin B12: 2.03µg (33.87%), Zinc: 5.07mg (33.77%), Vitamin B3: 5.65mg (28.26%), Vitamin B6: 0.49mg (24.49%), Phosphorus: 244.1mg (24.41%), Selenium: 16.93µg (24.18%), Iron: 3.44mg (19.11%), Potassium: 550.53mg (15.73%), Fiber: 3.88g (15.53%), Manganese: 0.29mg (14.69%), Vitamin B2: 0.21mg (12.26%), Vitamin A: 561.01IU (11.22%), Magnesium: 42.84mg (10.71%), Copper: 0.2mg (9.9%), Vitamin E: 1.2mg (7.99%), Vitamin B1: 0.11mg (7.44%), Vitamin B5: 0.73mg (7.34%), Vitamin K: 7.34µg (6.99%), Folate: 23.58µg (5.9%), Calcium: 47.15mg (4.72%), Vitamin C: 3.86mg (4.68%)