

## Cincinnati Chili I



Gluten Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 bay leaf
- ☐ 21 ounce beef broth canned
- ☐ 15 ounce tomato sauce canned
- ☐ 0.3 cup chili powder
- ☐ 2 tablespoons cider vinegar
- ☐ 0.3 teaspoon ground allspice
- ☐ 2 pounds ground beef
- ☐ 0.3 teaspoon ground pepper

- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 cup onion chopped
- ☐ 0.3 cup cheddar cheese shredded
- ☐ 1 ounce chocolate unsweetened
- ☐ 1 tablespoon vegetable oil

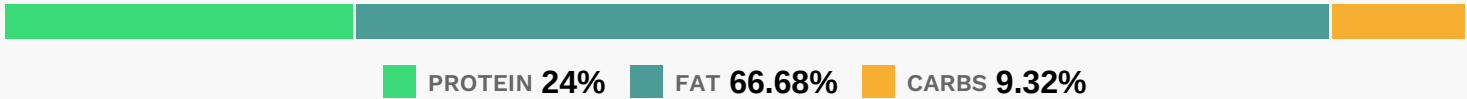
## Equipment

- ☐ sauce pan
- ☐ wooden spoon

## Directions

- ☐ Heat oil in a large saucepan over medium heat.
- ☐ Add onion and cook, stirring frequently, until tender, about 6 minutes.
- ☐ Add beef, in batches if necessary, and cook, breaking up with a wooden spoon, until browned.
- ☐ Add chili powder, cinnamon, cumin, allspice, cloves, bay leaf, chocolate, beef broth, tomato sauce, cider vinegar, and red pepper. Stir to mix well. Bring to a boil. Reduce heat to low; cover and simmer 1 1/2 hours, stirring occasionally.
- ☐ It is the best if you now refrigerate overnight.
- ☐ Remove the bay leaf. Reheat gently over medium heat.
- ☐ Serve over hot, drained spaghetti. Top with shredded cheddar cheese.

## Nutrition Facts



## Properties

Glycemic Index:24.5, Glycemic Load:1.17, Inflammation Score:-9, Nutrition Score:20.21521719124%

## Flavonoids

Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 380.95kcal (19.05%), Fat: 28.91g (44.47%), Saturated Fat: 11.09g (69.29%), Carbohydrates: 9.08g (3.03%), Net Carbohydrates: 4.74g (1.72%), Sugar: 2.93g (3.25%), Cholesterol: 84.04mg (28.01%), Sodium: 751.24mg (32.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.41g (46.82%), Vitamin A: 2489.01IU (49.78%), Vitamin B12: 2.52µg (41.94%), Zinc: 5.68mg (37.9%), Vitamin B3: 6.84mg (34.21%), Vitamin B6: 0.6mg (29.98%), Selenium: 20.73µg (29.62%), Vitamin E: 4.27mg (28.47%), Iron: 4.98mg (27.64%), Phosphorus: 260.66mg (26.07%), Manganese: 0.47mg (23.26%), Potassium: 706.03mg (20.17%), Vitamin B2: 0.31mg (18.3%), Fiber: 4.34g (17.37%), Copper: 0.33mg (16.4%), Vitamin K: 15.17µg (14.45%), Magnesium: 54.91mg (13.73%), Calcium: 93.66mg (9.37%), Vitamin B5: 0.85mg (8.48%), Vitamin B1: 0.09mg (6.29%), Vitamin C: 4.62mg (5.6%), Folate: 20.08µg (5.02%)