



Cincinnati Five-Way Chili

READY IN



45 min.

SERVINGS



6

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons spicy barbecue sauce
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons brown sugar
- ☐ 15 ounce kidney beans warmed rinsed drained canned ()
- ☐ 2 tablespoons chili powder
- ☐ 3.5 cups pasta like spaghetti hot cooked uncooked (8 ounces pasta)
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.8 teaspoon ground cinnamon

- ☐ 0.3 teaspoon ground coriander
- ☐ 0.8 teaspoon ground cumin
- ☐ 0.5 pound ground sirloin
- ☐ 1 pound pd of ground turkey
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 ounces cheddar cheese shredded reduced-fat
- ☐ 2.5 cups onion divided chopped (2 medium)
- ☐ 10.8 ounce tomato purée canned
- ☐ 0.5 ounce chocolate unsweetened chopped
- ☐ 1 cup water
- ☐ 4 teaspoons vinegar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray.
- ☐ Add turkey and sirloin to pan; cook 5 minutes or until browned, stirring to crumble.
- ☐ Add 2 cups onion and garlic; cook 5 minutes or until onion is tender, stirring occasionally. Stir in 1 cup water and next 12 ingredients (through puree); bring to a boil. Cover, reduce heat, and simmer 45 minutes.
- ☐ Place about 1/2 cup spaghetti into each of 6 bowls. Ladle 1 cup chili into each bowl. Top each serving with 4 teaspoons remaining onion, 2 tablespoons cheese, and 2 1/2 tablespoons beans.
- ☐ Serve with crackers, if desired.

Nutrition Facts



 **PROTEIN 32.5%**  **FAT 20.77%**  **CARBS 46.73%**

Properties

Glycemic Index:50.42, Glycemic Load:17.57, Inflammation Score:-8, Nutrition Score:26.302173624868%

Flavonoids

Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg 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: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 13.55mg, Quercetin: 13.55mg, Quercetin: 13.55mg, Quercetin: 13.55mg

Nutrients (% of daily need)

Calories: 474.18kcal (23.71%), Fat: 11.13g (17.12%), Saturated Fat: 4.29g (26.82%), Carbohydrates: 56.35g (18.78%), Net Carbohydrates: 47.34g (17.21%), Sugar: 13.93g (15.47%), Cholesterol: 70.26mg (23.42%), Sodium: 734.4mg (31.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.2g (78.39%), Selenium: 48.82µg (69.75%), Vitamin B6: 1.12mg (55.87%), Vitamin B3: 10.91mg (54.53%), Phosphorus: 486.15mg (48.62%), Manganese: 0.91mg (45.67%), Fiber: 9.02g (36.07%), Zinc: 4.79mg (31.91%), Iron: 5.37mg (29.82%), Potassium: 922.14mg (26.35%), Copper: 0.5mg (25.24%), Magnesium: 99.51mg (24.88%), Vitamin B12: 1.28µg (21.25%), Vitamin A: 974.86IU (19.5%), Vitamin B2: 0.31mg (18.32%), Vitamin B1: 0.24mg (16.07%), Calcium: 153.61mg (15.36%), Folate: 55.07µg (13.77%), Vitamin B5: 1.36mg (13.62%), Vitamin E: 2.03mg (13.51%), Vitamin C: 10.67mg (12.93%), Vitamin K: 10.03µg (9.55%), Vitamin D: 0.35µg (2.36%)