



Cincinnati Five-Way Chili

READY IN



45 min.

SERVINGS



6

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 14.5 ounce canned tomatoes whole undrained coarsely chopped canned
- ☐ 2 tablespoons chili powder
- ☐ 1 teaspoon cider vinegar
- ☐ 4.5 cups pasta like spaghetti cooked (without salt or fat)
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 cup bell pepper green chopped
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cumin

- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 pound ground round
- ☐ 15 ounce no-salt-added kidney beans drained canned
- ☐ 2 ounces cheddar cheese shredded reduced-fat
- ☐ 2 cups onion chopped
- ☐ 1 teaspoon paprika
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 8 ounce no-salt-added tomato sauce canned

Equipment

- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Coat a Dutch oven with cooking spray.
- ☐ Add meat, onion, and green pepper; cook over medium heat until meat is browned, stirring until it crumbles.
- ☐ Drain mixture, and pat dry with paper towels. Wipe drippings from Dutch oven with a paper towel.
- ☐ Return meat mixture to Dutch oven.
- ☐ Add chili powder and next 12 ingredients. Bring to a boil; cover, reduce heat, and simmer 1 hour or until mixture is very thick, stirring often.
- ☐ Remove and discard bay leaf.
- ☐ To serve, place 3/4 cup spaghetti on each of 6 plates; spoon 3/4 cup chili over each serving. Top chili evenly with cheese.
- ☐ Add oyster crackers, if desired.

Nutrition Facts



 **PROTEIN 27.01%**  **FAT 19.47%**  **CARBS 53.52%**

Properties

Glycemic Index:61.98, Glycemic Load:21.93, Inflammation Score:-9, Nutrition Score:28.750869598078%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 16.21mg, Quercetin: 16.21mg, Quercetin: 16.21mg, Quercetin: 16.21mg

Nutrients (% of daily need)

Calories: 475.47kcal (23.77%), Fat: 10.42g (16.02%), Saturated Fat: 3.87g (24.2%), Carbohydrates: 64.4g (21.47%), Net Carbohydrates: 52.92g (19.24%), Sugar: 8.99g (9.99%), Cholesterol: 51.12mg (17.04%), Sodium: 620.8mg (26.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.51g (65.02%), Selenium: 44.04µg (62.91%), Manganese: 1.03mg (51.26%), Fiber: 11.48g (45.92%), Vitamin C: 33.82mg (40.99%), Phosphorus: 409.82mg (40.98%), Iron: 7.24mg (40.2%), Zinc: 5.62mg (37.49%), Vitamin B6: 0.75mg (37.45%), Folate: 131.15µg (32.79%), Vitamin B3: 6.42mg (32.1%), Potassium: 1081.92mg (30.91%), Vitamin B12: 1.72µg (28.62%), Copper: 0.57mg (28.55%), Vitamin A: 1415.34IU (28.31%), Magnesium: 99.92mg (24.98%), Vitamin E: 2.98mg (19.87%), Vitamin B2: 0.31mg (18.43%), Vitamin B1: 0.28mg (18.41%), Vitamin K: 16.54µg (15.75%), Calcium: 130.64mg (13.06%), Vitamin B5: 1.17mg (11.72%)