



## Cincinnati Five-Way Chili

READY IN



45 min.

SERVINGS



6

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bay leaves
- 14.5 ounce canned tomatoes whole undrained coarsely chopped canned
- 2 tablespoons chili powder
- 1 teaspoon apple cider vinegar
- 4.5 cups 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 cumin

- 0.3 teaspoon pepper red
- 1 pound ground round
- 15 ounce 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 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 **27.02%** ■ FAT **19.46%** ■ CARBS **53.52%**

## Properties

Glycemic Index:61.98, Glycemic Load:21.94, Inflammation Score:0, Nutrition Score:28.726086919722%

## 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: 475.42kcal (23.77%), Fat: 10.4g (16.01%), Saturated Fat: 3.87g (24.19%), Carbohydrates: 64.41g (21.47%), Net Carbohydrates: 52.93g (19.25%), Sugar: 8.99g (9.99%), Cholesterol: 51.12mg (17.04%), Sodium: 620.8mg (26.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.51g (65.02%), Selenium: 44.04µg (62.91%), Manganese: 1.03mg (51.71%), Fiber: 11.48g (45.91%), Phosphorus: 409.71mg (40.97%), Vitamin C: 33.75mg (40.91%), Iron: 7.24mg (40.21%), Zinc: 5.62mg (37.48%), Vitamin B6: 0.75mg (37.36%), Folate: 131.07µg (32.77%), Vitamin B3: 6.41mg (32.06%), Potassium: 1081.35mg (30.9%), Vitamin B12: 1.72µg (28.62%), Copper: 0.57mg (28.59%), Vitamin A: 1381.12IU (27.62%), Magnesium: 99.94mg (24.98%), Vitamin E: 2.96mg (19.71%), Vitamin B2: 0.31mg (18.39%), Vitamin B1: 0.28mg (18.39%), Vitamin K: 16.61µg (15.82%), Calcium: 130.88mg (13.09%), Vitamin B5: 1.17mg (11.73%)