



 **88%**  
HEALTH SCORE

# Curt's Five Alarm Touchdown Chili Con Carne With Beans

 Dairy Free  Very Healthy

READY IN



165 min.

SERVINGS



12

CALORIES



911 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 lb bacon chopped
- 4 lbs beef chuck lean cubed
- 24 ounce beer (Canadian)
- 1.5 tablespoons pepper fresh black
- 60 ounce kidney beans canned
- 3 tablespoons chili peppers ()
- 6 pepper flakes fresh chopped

- 6 ounces pepper flakes canned chopped (El Paso brand)
- 7 tablespoons pepper flakes dry freshly ground
- 6 chipotle sauce chopped
- 6 tablespoons cumin seeds fresh
- 4 garlic clove
- 1 lb pd of ground turkey
- 4 medium onion
- 2 tablespoons paprika
- 1.5 lbs regular hamburger
- 28 ounce stewed tomatoes canned
- 2 tablespoons all the tabasco sauce you handle
- 12 ounce canned tomatoes canned
- 3 tablespoons worcestershire sauce

## Equipment

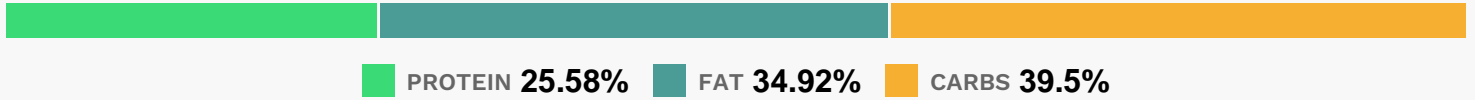
- frying pan
- pot
- stove

## Directions

- Fry bacon in a heavy pot till crisp and the fat is rendered.
- Remove and reserve bacon.
- Pour off most of the bacon fat into a heavy cast iron skillet, leaving a small amount in the pot. Brown the meat and garlic in the skillet.
- Saute onions in the fat remaining in the pot until soft.
- Add the meat, bacon, ground chilies, dried spices, the sauces, green chilies, Jalapenos, chipotle, beer and tomatoes. Simmer for two hours.
- Add remaining seasonings and sauces during cooking, as you check and stir. Make sure last ingredients are added with at least one hour of cooking time remaining. Allow the chili to sit in the refrigerator for 24 hours to give the spices a chance to intensify. It is okay to serve it right

off the stove, but it is almost always better as leftovers.

## Nutrition Facts



### Properties

Glycemic Index:31.21, Glycemic Load:10.94, Inflammation Score:-10, Nutrition Score:64.015651827273%

### Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

### Nutrients (% of daily need)

Calories: 910.94kcal (45.55%), Fat: 36.29g (55.83%), Saturated Fat: 13.39g (83.69%), Carbohydrates: 92.37g (30.79%), Net Carbohydrates: 72.43g (26.34%), Sugar: 19.62g (21.8%), Cholesterol: 150.06mg (50.02%), Sodium: 1394.51mg (60.63%), Alcohol: 2.21g (100%), Alcohol %: 0.41% (100%), Protein: 59.81g (119.62%), Manganese: 3.15mg (157.39%), Iron: 27.3mg (151.69%), Folate: 558.12µg (139.53%), Zinc: 20.35mg (135.66%), Vitamin B6: 2.16mg (107.88%), Vitamin C: 88.1mg (106.79%), Vitamin B12: 6.34µg (105.59%), Vitamin B3: 20.78mg (103.91%), Phosphorus: 847.54mg (84.75%), Fiber: 19.94g (79.74%), Selenium: 53.37µg (76.24%), Vitamin B1: 0.97mg (64.52%), Vitamin B2: 1.07mg (63.19%), Vitamin A: 2857.25IU (57.14%), Potassium: 1901.66mg (54.33%), Magnesium: 184.57mg (46.14%), Copper: 0.83mg (41.5%), Calcium: 281.91mg (28.19%), Vitamin K: 25.13µg (23.94%), Vitamin B5: 2.38mg (23.82%), Vitamin E: 2.68mg (17.9%), Vitamin D: 1.64µg (10.96%)