



Easy Elk Chili

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce kidney beans red rinsed drained canned
- ☐ 29 ounce canned tomatoes diced undrained canned
- ☐ 1 tablespoon chipotle chile powder
- ☐ 1 cup cooking wine dry red
- ☐ 2 tablespoons green onions chopped
- ☐ 2 teaspoons ground cumin
- ☐ 1 pound ground elk meat
- ☐ 28 ounce less-sodium beef broth canned

- ☐ 1 ounce cheddar cheese shredded reduced-fat
- ☐ 0.3 cup cup heavy whipping cream sour reduced-fat
- ☐ 2 teaspoons oregano dried
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups water
- ☐ 2 cups onion yellow chopped

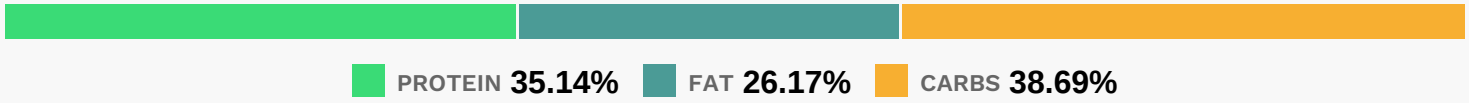
Equipment

- ☐ bowl
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Combine elk and 2 cups onion in a Dutch oven; cook over medium-high heat until lightly browned, stirring to crumble.
- ☐ Add wine; bring to a boil. Cook 3 minutes. Stir in 1 1/2 cups water, chile powder, and next 6 ingredients (through beans); bring to a boil. Partially cover, reduce heat, and simmer 2 hours (add more water if mixture becomes too thick). Ladle about 1 cup chili into each of 6 bowls; spoon 2 teaspoons sour cream over each.
- ☐ Sprinkle each with 2 teaspoons cheese and 1 teaspoon green onions.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:7.47, Inflammation Score:-8, Nutrition Score:21.067391256923%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg

4.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 11.27mg, Quercetin: 11.27mg, Quercetin: 11.27mg, Quercetin: 11.27mg

Nutrients (% of daily need)

Calories: 328.31kcal (16.42%), Fat: 8.99g (13.84%), Saturated Fat: 3.65g (22.78%), Carbohydrates: 29.92g (9.97%), Net Carbohydrates: 21.54g (7.83%), Sugar: 10.76g (11.95%), Cholesterol: 54.24mg (18.08%), Sodium: 904.05mg (39.31%), Alcohol: 4.2g (100%), Alcohol %: 0.9% (100%), Protein: 27.17g (54.34%), Potassium: 1220.95mg (34.88%), Zinc: 5.18mg (34.54%), Fiber: 8.38g (33.5%), Phosphorus: 316.58mg (31.66%), Iron: 5.6mg (31.13%), Manganese: 0.6mg (30.13%), Vitamin B6: 0.6mg (29.77%), Vitamin B3: 5.86mg (29.32%), Vitamin B12: 1.67µg (27.89%), Copper: 0.51mg (25.65%), Vitamin C: 17.65mg (21.39%), Vitamin B2: 0.36mg (21.11%), Vitamin B1: 0.31mg (20.52%), Magnesium: 77.58mg (19.4%), Vitamin K: 18.78µg (17.88%), Vitamin E: 2.14mg (14.24%), Calcium: 141.79mg (14.18%), Folate: 56.17µg (14.04%), Selenium: 8.98µg (12.82%), Vitamin B5: 1.28mg (12.81%), Vitamin A: 376.63IU (7.53%)