



Emily's Famous Chili

 Dairy Free  Very Healthy

READY IN



80 min.

SERVINGS



8

CALORIES



468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 60 ounce kidney beans with liquid canned
- 14.5 ounce canned tomatoes italian-style canned
- 0.5 cup chili powder
- 7 ounce chipotle peppers in adobo sauce canned
- 0.3 cup flour all-purpose
- 4 cloves garlic minced
- 0.3 cup ground cumin
- 1 teaspoon ground pepper black

- 2 jalapeño peppers diced seeded
- 2 pounds ground beef lean
- 1 onion chopped
- 2 bell peppers diced red seeded
- 1 tablespoon rice vinegar
- 1 teaspoon salt
- 6 ounce tomato paste canned
- 1 quart water divided

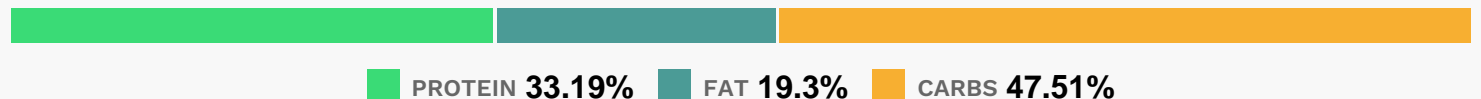
Equipment

- food processor
- pot
- blender

Directions

- In a large pot over medium-high heat, cook beef until brown.
- Drain and return to pot. Stir in onions, bell peppers and jalapenos and cook until tender. Stir in garlic and cook 1 minute more. Season with chili powder, cumin, salt and pepper. Stir in the tomato paste and kidney beans with their liquid.
- In a food processor or blender, puree the tomatoes with the chipotle peppers until smooth. Stir into the pot with 3 cups of water.
- Combine the remaining 1 cup water with the flour in a jar and shake to combine.
- Pour into the chili and stir in the vinegar. Simmer about 45 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:51.38, Glycemic Load:15.18, Inflammation Score:-10, Nutrition Score:45.769130737885%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 468.48kcal (23.42%), Fat: 10.57g (16.26%), Saturated Fat: 3.25g (20.32%), Carbohydrates: 58.53g (19.51%), Net Carbohydrates: 36.32g (13.21%), Sugar: 12.02g (13.35%), Cholesterol: 70.31mg (23.44%), Sodium: 1269.09mg (55.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.88g (81.76%), Vitamin A: 5606.58IU (112.13%), Fiber: 22.21g (88.83%), Iron: 14.76mg (82%), Manganese: 1.4mg (70.04%), Vitamin C: 52.77mg (63.97%), Vitamin B6: 1.2mg (60.21%), Phosphorus: 574.03mg (57.4%), Zinc: 8.44mg (56.27%), Vitamin B3: 10.82mg (54.09%), Vitamin E: 7.76mg (51.72%), Potassium: 1683.7mg (48.11%), Vitamin B12: 2.54µg (42.34%), Magnesium: 160.7mg (40.17%), Copper: 0.79mg (39.48%), Selenium: 27.58µg (39.4%), Vitamin B2: 0.58mg (34.05%), Vitamin B1: 0.47mg (31.17%), Vitamin K: 31.54µg (30.04%), Folate: 99.75µg (24.94%), Calcium: 228.12mg (22.81%), Vitamin B5: 1.49mg (14.89%)