



 **95%**
HEALTH SCORE

Fiesta Chili

 **Gluten Free**  **Very Healthy**

READY IN



420 min.

SERVINGS



1

CALORIES



3615 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 can lager beer american-style
- 15 oz pinto beans drained canned
- 28 oz canned tomatoes italian peeled canned
- 3 Tbsp chili powder
- 1 tsp chipotle chile pepper powder
- 0.3 tsp cinnamon
- 0.5 cup cilantro leaves fresh chopped
- 6 garlic cloves chopped

- 0.5 cup green onions chopped
- 1.5 lb ground beef
- 1 Tbsp ground cumin
- 0.8 tsp ground pepper
- 0.3 cup taco bellâ® restaurant sauce hot
- 1 lime
- 2 cups goat meat smoked leftover julienned (we used brisket, pork ribs, and ham)
- 8 mini-sweet peppers chopped
- 1 large onion chopped
- 2 tsp oregano leaves dried
- 1 cup milk four cheese shredded 2% mexican style kraft finely
- 1 Tbsp sugar
- 5 tomatillos chopped
- 3 Tbsp tomato paste

Equipment

- slow cooker

Directions

- COOK ground beef until done and drain well.
- Add to slow cooker.
- Add leftover meats of your choice. We recommend at least some smoked meats such as ham for flavor. You can use chicken, ribs, etc. We do not recommend seafood.
- ADD onion, garlic, peppers, tomatillos, canned tomatoes, tomato paste, TACO BELL Hot Restaurant Sauce, drained beans, and beer.
- Mix thoroughly.
- ADD half the cilantro (put aside remaining cilantro for garnish) and juice of lime.
- ADD dry ingredients (chili powder, cumin, oregano, pepper, cinnamon, Chipotle Chile, and sugar).

Let cook on high for 1 hour then reduce to medium for 5 to 6 hours.

GARNISH with 1 cup KRAFT Mexican Style 2% Milk Finely Shredded Four Cheese, cilantro, chopped green onion, and a dollop of sour cream.

Nutrition Facts

PROTEIN 26.44% **FAT 48.09%** **CARBS 25.47%**

Properties

Glycemic Index:459.59, Glycemic Load:48.87, Inflammation Score:-10, Nutrition Score:90.958260867907%

Flavonoids

Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Hesperetin: 28.81mg, Hesperetin: 28.81mg, Hesperetin: 28.81mg, Hesperetin: 28.81mg Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg Kaempferol: 4.71mg, Kaempferol: 4.71mg, Kaempferol: 4.71mg, Kaempferol: 4.71mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 45.16mg, Quercetin: 45.16mg, Quercetin: 45.16mg, Quercetin: 45.16mg Galliccatechin: 0.28mg, Galliccatechin: 0.28mg, Galliccatechin: 0.28mg, Galliccatechin: 0.28mg

Nutrients (% of daily need)

Calories: 3615.44kcal (180.77%), Fat: 192.41g (296.01%), Saturated Fat: 78.31g (489.44%), Carbohydrates: 229.27g (76.42%), Net Carbohydrates: 172.89g (62.87%), Sugar: 84.12g (93.47%), Cholesterol: 779.78mg (259.93%), Sodium: 10113.47mg (439.72%), Alcohol: 13.88g (100%), Alcohol %: 0.49% (100%), Protein: 238.06g (476.11%), Vitamin C: 442.43mg (536.28%), Vitamin A: 17840.99IU (356.82%), Phosphorus: 3344.47mg (334.45%), Zinc: 45.9mg (305.99%), Vitamin B6: 6.09mg (304.5%), Vitamin B12: 17.17µg (286.11%), Iron: 47.63mg (264.63%), Vitamin B3: 49.72mg (248.58%), Vitamin K: 260.85µg (248.43%), Potassium: 8201.13mg (234.32%), Fiber: 56.37g (225.5%), Manganese: 4.46mg (223.24%), Vitamin B2: 3.59mg (210.95%), Selenium: 140.59µg (200.84%), Vitamin E: 27.84mg (185.59%), Calcium: 1737.39mg (173.74%), Copper: 3.43mg (171.71%), Magnesium: 685.61mg (171.4%), Folate: 490.75µg (122.69%), Vitamin B1: 1.61mg (107.2%), Vitamin B5: 8.35mg (83.5%), Vitamin D: 1.28µg (8.54%)