



Four-Way Cincinnati Chili

READY IN



45 min.

SERVINGS



10

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce canned tomatoes diced with basil, garlic, and oregano canned
- ☐ 2 tablespoons chili powder
- ☐ 5 cups pasta like spaghetti hot cooked
- ☐ 1 cup bell pepper green chopped
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cumin
- ☐ 2 pounds ground round
- ☐ 10 tablespoons cheddar cheese shredded reduced-fat

- ☐ 2 cups onion chopped
- ☐ 2.5 cups oyster crackers
- ☐ 0.3 teaspoon pepper
- ☐ 15 ounce kidney beans light red rinsed drained canned
- ☐ 10 tablespoons onion red chopped
- ☐ 0.5 teaspoon salt
- ☐ 6 ounce no-salt-added tomato paste canned
- ☐ 1.3 cups water

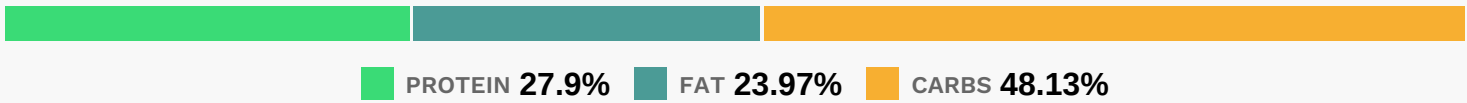
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook beef, onion, and green bell pepper in a large nonstick skillet over medium-high heat until browned; stir to crumble. Stir in diced tomatoes and next 9 ingredients. Bring to a boil; cover, reduce heat, and simmer 30 minutes, stirring occasionally.
- ☐ Divide cooked spaghetti among serving bowls. Spoon chili over pasta; top each with 1 tablespoon each of cheese and onion and 1/4 cup crackers.

Nutrition Facts



Properties

Glycemic Index:28.38, Glycemic Load:15.6, Inflammation Score:-8, Nutrition Score:26.433478412421%

Flavonoids

Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 2.1mg, Isorhamnetin: 2.1mg, Isorhamnetin: 2.1mg, Isorhamnetin: 2.1mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 11.76mg, Quercetin: 11.76mg, Quercetin: 11.76mg, Quercetin: 11.76mg

Nutrients (% of daily need)

Calories: 448.3kcal (22.42%), Fat: 12.05g (18.53%), Saturated Fat: 4.44g (27.78%), Carbohydrates: 54.41g (18.14%), Net Carbohydrates: 45.86g (16.68%), Sugar: 8.53g (9.48%), Cholesterol: 60.44mg (20.15%), Sodium: 595.8mg (25.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.55g (63.1%), Selenium: 38.16µg (54.51%), Manganese: 0.86mg (43.02%), Zinc: 5.86mg (39.06%), Iron: 6.94mg (38.55%), Vitamin B3: 7.67mg (38.33%), Phosphorus: 373.94mg (37.39%), Vitamin B6: 0.71mg (35.36%), Fiber: 8.55g (34.2%), Vitamin B12: 2.05µg (34.16%), Vitamin C: 26.68mg (32.33%), Potassium: 1043.97mg (29.83%), Folate: 103.8µg (25.95%), Copper: 0.51mg (25.64%), Magnesium: 85.92mg (21.48%), Vitamin B2: 0.35mg (20.54%), Vitamin B1: 0.3mg (20.19%), Vitamin A: 978.4IU (19.57%), Vitamin E: 2.89mg (19.24%), Vitamin K: 16.43µg (15.65%), Calcium: 112.8mg (11.28%), Vitamin B5: 1.1mg (11.04%)