



## Game Day Chili

 Dairy Free

READY IN



150 min.

SERVINGS



10

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 14.5 oz beef broth canned
- 4.5 oz chiles green undrained chopped canned
- 30 oz pinto beans drained and rinsed canned
- 24 oz tomato sauce canned
- 2 tablespoons chili powder
- 12 oz beer dark
- 3 to 4 garlic cloves minced
- 2 pounds ground beef

- 2 teaspoons ground cumin
- 1 tsp ground pepper red
- 1 medium onion chopped
- 1 teaspoon paprika
- 6 oz tomato paste canned
- 1 tablespoon worcestershire sauce

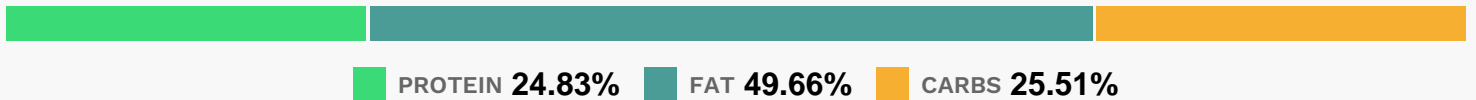
## Equipment

- dutch oven

## Directions

- Cook first 3 ingredients in a 5- to 6-qt. Dutch oven over medium heat, stirring occasionally, 8 to 10 minutes or until meat crumbles and is no longer pink.
- Drain well, and return to Dutch oven.
- Add chili powder and next 3 ingredients; cook 1 minute.
- Add tomato paste, and cook 1 minute.
- Add remaining ingredients. Bring to a boil. Cover, reduce heat to low, and simmer 2 hours.

## Nutrition Facts



## Properties

Glycemic Index:27.75, Glycemic Load:6.39, Inflammation Score:-8, Nutrition Score:18.236956663754%

## Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

## Nutrients (% of daily need)

Calories: 356.32kcal (17.82%), Fat: 19.39g (29.83%), Saturated Fat: 7.2g (45.03%), Carbohydrates: 22.41g (7.47%), Net Carbohydrates: 16.01g (5.82%), Sugar: 4.85g (5.39%), Cholesterol: 64.41mg (21.47%), Sodium: 888.39mg (38.63%), Alcohol: 1.33g (100%), Alcohol %: 0.46% (100%), Protein: 21.82g (43.63%), Vitamin B12: 1.98µg (32.95%), Zinc: 4.61mg (30.75%), Vitamin B3: 5.79mg (28.95%), Vitamin B6: 0.55mg (27.58%), Phosphorus: 270.44mg (27.04%), Iron: 4.86mg (26.99%), Fiber: 6.4g (25.59%), Potassium: 857.19mg (24.49%), Manganese: 0.47mg (23.34%), Selenium: 15.22µg (21.74%), Vitamin A: 1001.78IU (20.04%), Vitamin E: 2.79mg (18.59%), Copper: 0.34mg (16.81%), Magnesium: 66.49mg (16.62%), Vitamin C: 12.78mg (15.49%), Vitamin B2: 0.25mg (14.62%), Folate: 47.88µg (11.97%), Calcium: 95.74mg (9.57%), Vitamin B5: 0.9mg (9%), Vitamin B1: 0.13mg (8.8%), Vitamin K: 8.32µg (7.92%)