



Game Day Chili

READY IN

ready

60 min.

SERVINGS

servings

6

CALORIES

calories

486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bacon chopped
- ☐ 12 ounce beer
- ☐ 3 cups black beans
- ☐ 28 ounce tomato sauce canned
- ☐ 14 ounce canned tomatoes crushed canned
- ☐ 6 servings cheddar grated for garnish
- ☐ 2.5 tablespoons chili powder
- ☐ 1 teaspoon cocoa powder
- ☐ 3 cloves garlic minced

- ☐ 0.5 pound ground beef
- ☐ 6 servings kosher salt
- ☐ 1 onion chopped
- ☐ 1 teaspoon pepper flakes red crushed
- ☐ 6 servings scallions chopped for garnish
- ☐ 6 servings cup heavy whipping cream sour for garnish

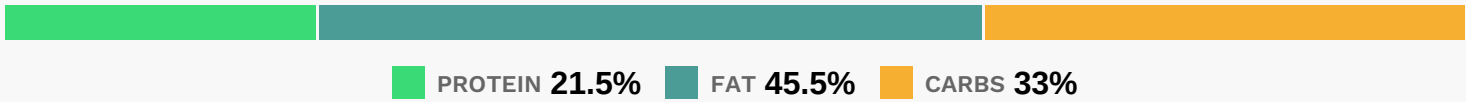
Equipment

- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large saucepan or small Dutch oven, cook the bacon over medium heat until the fat renders and the bacon is cooked, about 5 minutes.
- ☐ Add the onion and cook until the onion softens, about 5 more minutes.
- ☐ Add the garlic and cook for another minute.
- ☐ Add the beef and cook until no longer pink. Raise the heat to medium-high, deglaze with the beer, and allow to bubble and boil for 2 to 3 minutes.
- ☐ Add the beans, tomato sauce, crushed tomatoes, chili powder, red pepper flakes, cocoa, and salt. Stir to combine well. Simmer for 30 minutes, or more, and serve with sour cream, shredded cheese, and chopped scallion, if desired.;

Nutrition Facts



Properties

Glycemic Index:44.92, Glycemic Load:9.12, Inflammation Score:-9, Nutrition Score:28.334782533024%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 485.78kcal (24.29%), Fat: 24.63g (37.89%), Saturated Fat: 11.16g (69.76%), Carbohydrates: 40.2g (13.4%), Net Carbohydrates: 27.64g (10.05%), Sugar: 9.33g (10.36%), Cholesterol: 68.76mg (22.92%), Sodium: 1247.23mg (54.23%), Alcohol: 2.21g (100%), Alcohol %: 0.61% (100%), Protein: 26.18g (52.37%), Fiber: 12.56g (50.24%), Vitamin A: 2245.79IU (44.92%), Folate: 170.16µg (42.54%), Phosphorus: 424.08mg (42.41%), Manganese: 0.79mg (39.27%), Potassium: 1185.44mg (33.87%), Calcium: 321.58mg (32.16%), Iron: 5.58mg (30.99%), Vitamin E: 4.63mg (30.84%), Magnesium: 122.99mg (30.75%), Vitamin B6: 0.6mg (30.14%), Zinc: 4.49mg (29.91%), Selenium: 19.75µg (28.22%), Copper: 0.55mg (27.69%), Vitamin B3: 5.26mg (26.28%), Vitamin B2: 0.45mg (26.23%), Vitamin B1: 0.37mg (24.38%), Vitamin K: 25.19µg (23.99%), Vitamin C: 18.43mg (22.34%), Vitamin B12: 1.2µg (20%), Vitamin B5: 1.29mg (12.88%), Vitamin D: 0.25µg (1.65%)