

German Texas Chili

 **Gluten Free**  **Dairy Free**

READY IN



405 min.

SERVINGS



12

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup brown sugar
- 28 ounce canned tomatoes (diced with basil, garlic and oregano) italian-style canned
- 56 ounce frangelico with juice (such as hunt's®) crushed canned
- 1 tablespoon chili powder
- 6 chipotles in adobo (chopped to taste)
- 4 cinnamon sticks
- 1 tablespoon garlic powder
- 3 tablespoons ground cumin

- 1 tablespoon pepper black
- 2.5 pounds pd of ground turkey
- 1.5 teaspoons kosher salt
- 0.3 cup olive oil
- 0.3 cup paprika
- 1 pound pork sausage hot jimmy dean® (such as)
- 4 onion red chopped

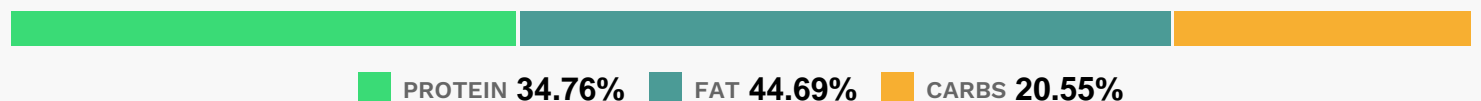
Equipment

- frying pan
- slow cooker
- cheesecloth

Directions

- Heat the olive oil in a very large skillet over medium heat, and cook the onions and chipotle peppers until the onions are translucent, about 10 minutes.
- Place the hot sausage and turkey into the skillet and cook until brown, chopping the meat up with a spoon into crumbles as it cooks, 10 to 15 more minutes. Spoon the meat mixture into a large slow cooker, leaving excess grease behind in the skillet. Stir the crushed tomatoes, Italian-style diced tomatoes, beer, garlic powder, kosher salt, black pepper, cumin, chili powder, paprika, and brown sugar into the meat mixture until thoroughly combined.
- Tie the cinnamon sticks and cloves into a piece of cheesecloth, and drop the bundle into the slow cooker. Set the cooker to Low, and cook 6 to 8 hours.
- Remove the cheesecloth spice bundle before serving.

Nutrition Facts



Properties

Glycemic Index:12.92, Glycemic Load:2.3, Inflammation Score:-9, Nutrition Score:20.315652225329%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

Nutrients (% of daily need)

Calories: 338.97kcal (16.95%), Fat: 17.35g (26.69%), Saturated Fat: 4.55g (28.43%), Carbohydrates: 17.95g (5.98%), Net Carbohydrates: 13.34g (4.85%), Sugar: 9.77g (10.86%), Cholesterol: 79.19mg (26.4%), Sodium: 685.11mg (29.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.35g (60.71%), Vitamin B3: 12.21mg (61.03%), Vitamin B6: 1.15mg (57.68%), Phosphorus: 318.37mg (31.84%), Selenium: 22.1µg (31.57%), Vitamin A: 1526.41IU (30.53%), Manganese: 0.55mg (27.54%), Iron: 4.09mg (22.74%), Potassium: 736.81mg (21.05%), Zinc: 2.97mg (19.81%), Fiber: 4.61g (18.44%), Vitamin E: 2.62mg (17.44%), Vitamin B1: 0.25mg (16.75%), Magnesium: 62.57mg (15.64%), Vitamin B5: 1.4mg (13.99%), Vitamin B2: 0.23mg (13.58%), Vitamin B12: 0.8µg (13.39%), Copper: 0.27mg (13.37%), Vitamin C: 9.26mg (11.22%), Vitamin K: 10.29µg (9.8%), Calcium: 76.94mg (7.69%), Folate: 25.46µg (6.36%), Vitamin D: 0.87µg (5.8%)