



Ginger Honey Drunk Chili

 Dairy Free

READY IN



85 min.

SERVINGS



12

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup add carrot and onion to bacon fat . cook
- ☐ 1 carrots minced
- ☐ 1 teaspoon cayenne pepper
- ☐ 1 cup chicken broth
- ☐ 3 tablespoons chili powder
- ☐ 1 cup beer dark negra modelo® such as
- ☐ 6 cloves garlic minced
- ☐ 3 tablespoons ginger finely grated to taste

- ☐ 1 cup bell pepper green chopped
- ☐ 3 pounds ground beef
- ☐ 1 teaspoon ground coriander
- ☐ 2 teaspoons ground cumin
- ☐ 1 teaspoon ground pepper black
- ☐ 1 habanero pepper minced
- ☐ 0.8 cup honey
- ☐ 2 jalapeño peppers minced
- ☐ 2 teaspoons kosher salt
- ☐ 2 cups onion chopped
- ☐ 2 teaspoons paprika hot
- ☐ 1 poblano pepper diced
- ☐ 1 cup bell pepper red chopped
- ☐ 2 fluid ounces tequila
- ☐ 2 cups tomato paste
- ☐ 1 cup tomato sauce
- ☐ 2 teaspoons pepper white

Equipment

- ☐ pot

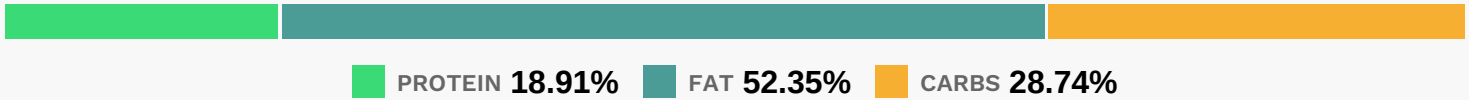
Directions

- ☐ Heat bacon drippings in a heavy-bottomed stockpot over medium heat. Cook and stir carrot in the hot drippings for about 3 minutes.
- ☐ Stir the red bell pepper, green bell pepper, poblano pepper, jalapeno pepper, habanero pepper, and onion with the carrot; cook and stir until tender, 3 to 4 minutes.
- ☐ Stir in garlic and beef; cook and stir until beef is browned, about 10 minutes.
- ☐ Drain excess grease from the pot.

- ☐
- Stir tomato paste and tomato sauce into the beef mixture. Increase heat to medium–high heat; cook and stir for 2 minutes.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:44.13, Glycemic Load:13.87, Inflammation Score:–9, Nutrition Score:23.710869586986%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 493.73kcal (24.69%), Fat: 28.51g (43.86%), Saturated Fat: 10.79g (67.45%), Carbohydrates: 35.22g (11.74%), Net Carbohydrates: 30.61g (11.13%), Sugar: 26.34g (29.27%), Cholesterol: 85.59mg (28.53%), Sodium: 1027.14mg (44.66%), Alcohol: 2.41g (100%), Alcohol %: 0.94% (100%), Protein: 23.17g (46.34%), Vitamin C: 52.02mg (63.05%), Vitamin A: 2940.76IU (58.82%), Vitamin B12: 2.43µg (40.58%), Zinc: 5.41mg (36.08%), Vitamin B3: 7.18mg (35.92%), Vitamin B6: 0.71mg (35.54%), Selenium: 20.73µg (29.61%), Potassium: 1032.34mg (29.5%), Vitamin E: 4.01mg (26.73%), Iron: 4.8mg (26.68%), Phosphorus: 257.3mg (25.73%), Manganese: 0.4mg (20.14%), Vitamin B2: 0.33mg (19.47%), Fiber: 4.61g (18.45%), Copper: 0.34mg (16.89%), Magnesium: 57.34mg (14.34%), Vitamin K: 14.01µg (13.34%), Vitamin B1: 0.13mg (8.98%), Vitamin B5: 0.88mg (8.77%), Folate: 32.65µg (8.16%), Calcium: 69.89mg (6.99%), Vitamin D: 0.24µg (1.58%)