



Green Chile Chili

READY IN



65 min.

SERVINGS



4

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce kidney beans organic rinsed drained canned
- ☐ 15 ounce canned tomatoes crushed undrained canned
- ☐ 1 tablespoon canola oil
- ☐ 1 tablespoon chili powder
- ☐ 12 ounce beer dark
- ☐ 5 garlic clove minced
- ☐ 4 ounce chilis diced green undrained canned
- ☐ 1 spring onion sliced
- ☐ 12 ounces ground sirloin

- ☐ 1.5 cups onion chopped
- ☐ 1 teaspoon paprika hot
- ☐ 0.5 cup salsa verde
- ☐ 1 ounce sharp cheddar cheese shredded

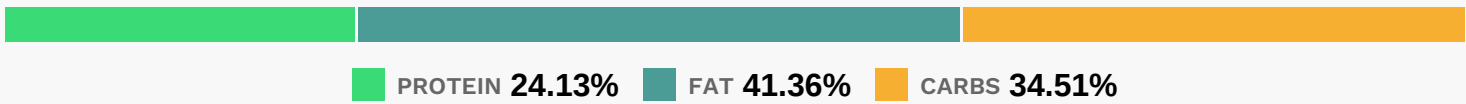
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Heat a large Dutch oven over medium–high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add beef; saut for 5 minutes or until no longer pink, stirring to crumble.
- ☐ Add chopped onion, chili powder, and paprika; saut 4 minutes, stirring occasionally.
- ☐ Add garlic; saut for 1 minute, stirring constantly.
- ☐ Stir in beer; bring to a boil. Cook 15 minutes or until liquid almost evaporates.
- ☐ Add salsa and the next 3 ingredients (through beans); bring to a boil. Reduce heat, and simmer for 30 minutes, stirring occasionally. Ladle 1 1/4 cups chili into each of 4 bowls, and top each serving with 1 tablespoon cheese.
- ☐ Sprinkle with green onion.

Nutrition Facts



Properties

Glycemic Index:65.38, Glycemic Load:10.36, Inflammation Score:-9, Nutrition Score:25.446521743484%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg 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: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 12.58mg, Quercetin: 12.58mg, Quercetin: 12.58mg, Quercetin: 12.58mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 456.24kcal (22.81%), Fat: 20.3g (31.23%), Saturated Fat: 6.82g (42.66%), Carbohydrates: 38.11g (12.7%), Net Carbohydrates: 27.92g (10.15%), Sugar: 11.28g (12.53%), Cholesterol: 64.92mg (21.64%), Sodium: 870.69mg (37.86%), Alcohol: 3.32g (100%), Alcohol %: 0.81% (100%), Protein: 26.64g (53.29%), Fiber: 10.18g (40.73%), Vitamin B6: 0.79mg (39.49%), Phosphorus: 371.44mg (37.14%), Zinc: 5.32mg (35.44%), Manganese: 0.71mg (35.34%), Vitamin B3: 6.79mg (33.95%), Vitamin C: 27.59mg (33.45%), Vitamin B12: 1.94µg (32.29%), Potassium: 1117.91mg (31.94%), Iron: 5.58mg (31%), Vitamin A: 1382.58IU (27.65%), Selenium: 19.14µg (27.34%), Copper: 0.48mg (23.75%), Magnesium: 88.02mg (22.01%), Vitamin E: 3.27mg (21.8%), Vitamin K: 22.79µg (21.71%), Vitamin B2: 0.36mg (21.44%), Folate: 82.7µg (20.68%), Vitamin B1: 0.28mg (18.71%), Calcium: 173.94mg (17.39%), Vitamin B5: 1.12mg (11.17%)