



## Habanero Hellfire Chili

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

READY IN



120 min.

SERVINGS



8

CALORIES



604 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 anaheim peppers diced seeded
- 0.5 pound bacon
- 2 tablespoons beef bouillon granules
- 12 fluid ounce beer canned
- 28 ounce canned tomatoes crushed canned
- 1 ounce chile paste
- 32 ounce chili beans sauce drained canned
- 3 tablespoons chili powder

- 2 cloves garlic minced
- 1 bell pepper diced green
- 1.5 tablespoons ground cumin
- 1 pound ground pork
- 1 pound ground round
- 6 jalapeño peppers seeded chopped
- 6 habanero peppers seeded chopped
- 1 tablespoon pepper flakes red crushed
- 3 ounces tomato paste
- 2 cups water
- 1 onion diced yellow

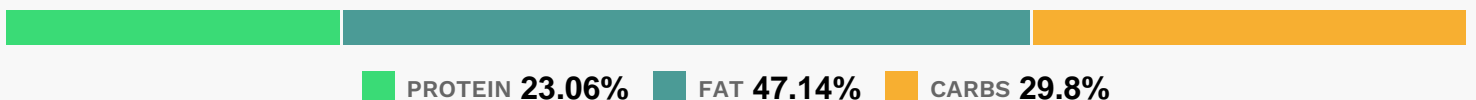
## Equipment

- paper towels
- pot

## Directions

- Place bacon in a large soup pot. Cook over medium high heat until evenly brown.
- Drain excess grease, leaving enough to coat bottom of pot
- Remove bacon, drain on paper towels and chop.
- Brown beef and pork in pot over medium high heat. When meat is browned, stir in the bell pepper, onion, jalapeno peppers, habanero peppers, Anaheim peppers, garlic, cumin, red pepper flakes, chili powder, bouillon, crushed tomatoes, whole tomatoes, beer, tomato paste, chile paste and water.
- Reduce heat to low and simmer for 45 to 60 minutes, stirring occasionally.
- Add beans and bacon and continue simmering for another 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:29.69, Glycemic Load:4.18, Inflammation Score:-9, Nutrition Score:37.202608393586%

## Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Luteolin: 5.05mg, Luteolin: 5.05mg, Luteolin: 5.05mg, Luteolin: 5.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

## Nutrients (% of daily need)

Calories: 603.58kcal (30.18%), Fat: 31.51g (48.48%), Saturated Fat: 10.97g (68.54%), Carbohydrates: 44.83g (14.94%), Net Carbohydrates: 32.06g (11.66%), Sugar: 17.81g (19.79%), Cholesterol: 96.44mg (32.15%), Sodium: 1857.47mg (80.76%), Alcohol: 1.73g (100%), Alcohol %: 0.33% (100%), Protein: 34.68g (69.36%), Vitamin C: 118.6mg (143.76%), Vitamin B6: 1.4mg (70%), Phosphorus: 516.75mg (51.67%), Fiber: 12.77g (51.09%), Vitamin B3: 9.92mg (49.6%), Vitamin B1: 0.74mg (49.31%), Zinc: 7.33mg (48.85%), Selenium: 33.43µg (47.76%), Potassium: 1669.26mg (47.69%), Vitamin A: 2109.67IU (42.19%), Iron: 7.53mg (41.82%), Copper: 0.73mg (36.58%), Vitamin B2: 0.58mg (34.21%), Magnesium: 128.78mg (32.2%), Vitamin E: 4.58mg (30.5%), Vitamin B12: 1.82µg (30.41%), Manganese: 0.51mg (25.48%), Vitamin K: 21.42µg (20.4%), Folate: 70.43µg (17.61%), Vitamin B5: 1.38mg (13.79%), Calcium: 133.75mg (13.37%), Vitamin D: 0.17µg (1.13%)