



 **42%**
HEALTH SCORE

Habanero Hellfire Chili

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

READY IN



120 min.

SERVINGS



8

CALORIES



626 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 lb bacon
- 2 tablespoons beef bouillon granules
- 12 fluid ounce beer canned
- 28 ounce canned tomatoes crushed canned
- 32 ounce canned tomatoes whole canned drained
- 32 ounce chili beans sauce drained canned
- 1 ounce chili paste depending on your taste pref
- 3 tablespoons chili powder

- 8 pepper flakes diced seeded
- 2 garlic clove minced
- 1 bell pepper diced green
- 1.5 tablespoons ground cumin
- 1 lb ground pork
- 1 lb ground round
- 6 jalapeno seeded chopped
- 6 pasilla peppers seeded chopped
- 1 tablespoon pepper red crushed
- 3 ounces tomato paste
- 2 cups water
- 1 onion diced yellow

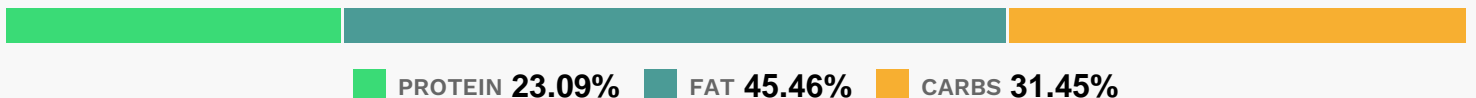
Equipment

- 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:35.31, Glycemic Load:5.66, Inflammation Score:-10, Nutrition Score:42.466956382212%

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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 5.07mg, Luteolin: 5.07mg, Luteolin: 5.07mg, Luteolin: 5.07mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg

Nutrients (% of daily need)

Calories: 625.74kcal (31.29%), Fat: 31.86g (49.01%), Saturated Fat: 11.01g (68.78%), Carbohydrates: 49.6g (16.53%), Net Carbohydrates: 36.86g (13.4%), Sugar: 21.03g (23.37%), Cholesterol: 96.44mg (32.15%), Sodium: 1837.2mg (79.88%), Alcohol: 1.73g (100%), Protein: 36.41g (72.82%), Vitamin C: 187.1mg (226.78%), Vitamin B6: 1.75mg (87.68%), Potassium: 2027.35mg (57.92%), Vitamin B3: 11.29mg (56.43%), Phosphorus: 557.65mg (55.76%), Vitamin B1: 0.82mg (54.87%), Vitamin A: 2670.74IU (53.41%), Fiber: 12.73g (50.94%), Zinc: 7.6mg (50.69%), Iron: 9.09mg (50.5%), Selenium: 33.77µg (48.24%), Copper: 0.87mg (43.39%), Vitamin B2: 0.68mg (40.15%), Magnesium: 151.61mg (37.9%), Vitamin E: 5.66mg (37.71%), Manganese: 0.68mg (34.05%), Vitamin B12: 1.82µg (30.41%), Vitamin K: 31.01µg (29.54%), Folate: 89.85µg (22.46%), Calcium: 175.2mg (17.52%), Vitamin B5: 1.6mg (16.04%), Vitamin D: 0.17µg (1.13%)