



High Plains Buffalo Chili

READY IN



45 min.

SERVINGS



6

CALORIES



74 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces baking potato diced peeled
- ☐ 1 teaspoon canola oil
- ☐ 2 tablespoons new mexican chile powder
- ☐ 0.5 teaspoon rubbed sage dried
- ☐ 2 garlic cloves minced
- ☐ 1.5 pounds ground buffalo lean
- ☐ 1 tablespoon cornmeal stone-ground
- ☐ 0.5 teaspoon ground pepper red
- ☐ 1.5 teaspoons kosher salt

- ☐ 1.5 cups onion chopped 1 large
- ☐ 1 teaspoon oregano dried
- ☐ 2 tablespoons tomato paste
- ☐ 3.5 cups water
- ☐ 1 teaspoon worcestershire sauce

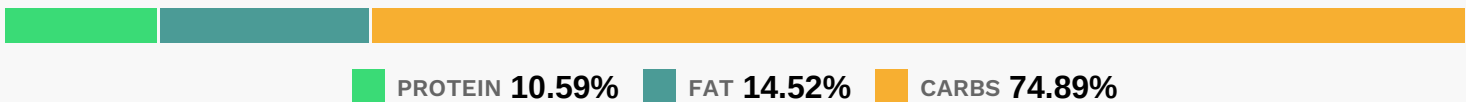
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add onion and garlic to pan; saut 5 minutes or until tender.
- ☐ Add buffalo; cook 5 minutes or until browned, stirring to crumble. Stir in chile powder and pepper.
- ☐ Add 3 1/2 cups water, potato, and next 5 ingredients (through sage) to pan; bring to a boil. Reduce heat, and simmer 50 minutes or until potato is very tender. Stir in cornmeal; cook 5 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:48.71, Glycemic Load:7.39, Inflammation Score:-8, Nutrition Score:6.20347824304%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg

Nutrients (% of daily need)

Calories: 73.75kcal (3.69%), Fat: 1.29g (1.98%), Saturated Fat: 0.18g (1.1%), Carbohydrates: 14.97g (4.99%), Net Carbohydrates: 12.28g (4.47%), Sugar: 2.94g (3.27%), Cholesterol: 0mg (0%), Sodium: 691mg (30.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.23%), Vitamin A: 949.57IU (18.99%), Vitamin B6: 0.28mg (13.79%), Manganese: 0.22mg (11.08%), Fiber: 2.69g (10.74%), Vitamin E: 1.49mg (9.96%), Potassium: 347.25mg (9.92%), Vitamin C: 6.88mg (8.34%), Iron: 1.29mg (7.18%), Vitamin K: 7.12µg (6.78%), Copper: 0.14mg (6.75%), Magnesium: 23.65mg (5.91%), Phosphorus: 51.69mg (5.17%), Vitamin B3: 1mg (4.98%), Vitamin B1: 0.07mg (4.54%), Folate: 15.94µg (3.99%), Calcium: 38.02mg (3.8%), Vitamin B2: 0.06mg (3.75%), Zinc: 0.42mg (2.8%), Vitamin B5: 0.21mg (2.13%), Selenium: 1.46µg (2.08%)