



Hispaniola Coffee Chili

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

READY IN



40 min.

SERVINGS



6

CALORIES



863 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 14.5 ounce canned tomatoes diced canned
- 1 teaspoon capers
- 2 teaspoons chili powder
- 5 cups rice hot cooked
- 5 cups rice hot cooked
- 5 cups rice hot cooked
- 1 tablespoon blackstrap molasses dark

- 2 garlic clove minced
- 9 ounce pepper flakes diced green canned
- 0.3 teaspoon ground allspice
- 1 teaspoon ground cumin
- 0.3 teaspoon pepper fresh black
- 1.5 lbs ground beef lean
- 0.5 teaspoon nutmeg
- 5.5 cups onion chopped
- 2 tablespoons pimiento stuffed olives chopped
- 0.3 cup raisins
- 1 teaspoon salt
- 0.5 cup slivered almonds toasted
- 2 cups strong coffee decoction
- 0.3 teaspoon thyme sprigs fresh chopped

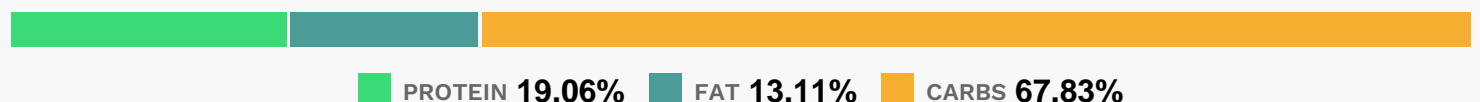
Equipment

- dutch oven

Directions

- Brown the meat in a large Dutch oven, cook the beef over medium-high heat, about 4-5 minutes.
- Remove contents from the Dutch oven and set aside. Reduce heat to medium low and add onions and saute until translucent, about 3 minutes.
- Add raisins and simmer uncovered for 10 minutes.
- Garnish with almonds.
- Serve hot over cooked rice.

Nutrition Facts



Properties

Glycemic Index:124.47, Glycemic Load:130.12, Inflammation Score:-9, Nutrition Score:39.004347873771%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 7.59mg, Isorhamnetin: 7.59mg, Isorhamnetin: 7.59mg, Isorhamnetin: 7.59mg Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 30.44mg, Quercetin: 30.44mg, Quercetin: 30.44mg, Quercetin: 30.44mg

Nutrients (% of daily need)

Calories: 862.92kcal (43.15%), Fat: 12.52g (19.25%), Saturated Fat: 3.45g (21.54%), Carbohydrates: 145.64g (48.55%), Net Carbohydrates: 137.47g (49.99%), Sugar: 14.7g (16.33%), Cholesterol: 70.31mg (23.44%), Sodium: 634.28mg (27.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 31.6mg (10.53%), Protein: 40.92g (81.84%), Manganese: 2.63mg (131.43%), Vitamin C: 79.24mg (96.05%), Selenium: 52.06µg (74.37%), Vitamin B6: 1.39mg (69.33%), Zinc: 8.64mg (57.6%), Phosphorus: 535.9mg (53.59%), Vitamin B3: 10.06mg (50.3%), Vitamin B12: 2.54µg (42.34%), Potassium: 1329.76mg (37.99%), Magnesium: 151.26mg (37.82%), Copper: 0.75mg (37.67%), Iron: 6.26mg (34.76%), Fiber: 8.17g (32.67%), Vitamin B2: 0.53mg (31.35%), Vitamin B5: 3.01mg (30.12%), Vitamin E: 4.34mg (28.92%), Vitamin B1: 0.32mg (21.47%), Folate: 70.53µg (17.63%), Calcium: 158.28mg (15.83%), Vitamin A: 775.18IU (15.5%), Vitamin K: 11.59µg (11.03%)