



Homemade Stovetop No Bean Beef Chili



Gluten Free



Popular

READY IN



80 min.

SERVINGS



6

CALORIES



661 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 medium bay leaves
- ☐ 2 cups beef stock
- ☐ 2 tablespoons kitchen bouquet
- ☐ 0.5 teaspoon cajun spice
- ☐ 6 servings cheddar cheese grated for garnish, optional
- ☐ 1 tablespoon chili powder
- ☐ 3 garlic cloves
- ☐ 1 tablespoon granulated sugar

- ☐ 1 medium bell pepper green
- ☐ 0.3 cup chiles green chopped
- ☐ 1 small green onion
- ☐ 2 pounds ground beef
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 tablespoon ground cumin
- ☐ 2 dashes hot sauce
- ☐ 6 servings kosher salt and freshly cracked pepper black to taste
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon oregano dried
- ☐ 1 medium bell pepper red
- ☐ 6 servings cup heavy whipping cream sour for garnish, optional
- ☐ 6 ounce tomato paste
- ☐ 2 tablespoons worcestershire sauce
- ☐ 1 medium onion yellow

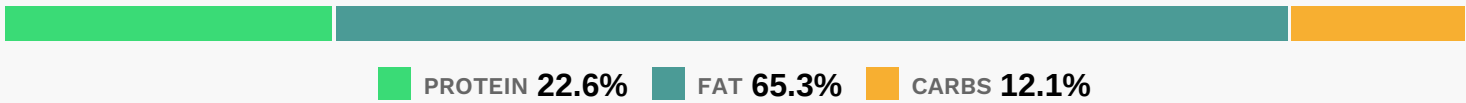
Equipment

- ☐ stove

Directions

- ☐ Recipe: Homemade Stovetop No Bean Beef Chili
- ☐ From the Kitchen of Deep South Dish
- ☐ Prep time: 20 min |Cook time: 1 hour |

Nutrition Facts



Properties

Glycemic Index:50.52, Glycemic Load:4.36, Inflammation Score:-10, Nutrition Score:34.261739399122%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg

Nutrients (% of daily need)

Calories: 661.4kcal (33.07%), Fat: 48.6g (74.78%), Saturated Fat: 19.4g (121.25%), Carbohydrates: 20.26g (6.75%), Net Carbohydrates: 14.81g (5.39%), Sugar: 9.45g (10.5%), Cholesterol: 144.43mg (48.14%), Sodium: 1005.23mg (43.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.85g (75.71%), Vitamin C: 55.04mg (66.71%), Vitamin B12: 3.58µg (59.65%), Iron: 10.03mg (55.7%), Zinc: 8.24mg (54.91%), Selenium: 35.06µg (50.09%), Vitamin K: 51.54µg (49.08%), Vitamin A: 2427.21IU (48.54%), Phosphorus: 480.8mg (48.08%), Vitamin B3: 8.85mg (44.25%), Vitamin B6: 0.87mg (43.68%), Calcium: 414.72mg (41.47%), Potassium: 1179.58mg (33.7%), Vitamin B2: 0.57mg (33.51%), Manganese: 0.6mg (30.1%), Vitamin E: 4.02mg (26.8%), Fiber: 5.44g (21.78%), Magnesium: 85.61mg (21.4%), Copper: 0.37mg (18.66%), Folate: 57.46µg (14.37%), Vitamin B1: 0.18mg (12.26%), Vitamin B5: 1.11mg (11.07%), Vitamin D: 0.33µg (2.21%)