



Hot Dog Chili



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 teaspoons chili powder
- ☐ 0.5 teaspoon mustard dry
- ☐ 1 cup catsup
- ☐ 2 pounds ground beef lean
- ☐ 1 small onion finely chopped
- ☐ 0.3 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon vegetable oil

- ☐ 2.3 cups water
- ☐ 1 teaspoon vinegar white
- ☐ 4 teaspoons worcestershire sauce

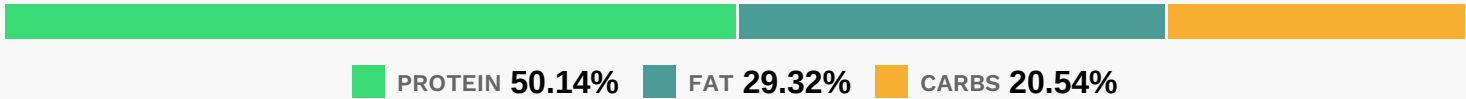
Equipment

- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Cook ground beef in a Dutch oven over medium-high heat, stirring until beef crumbles and is no longer pink; drain well. Wipe Dutch oven clean with a paper towel.
- ☐ Saut onion in hot oil in Dutch oven 5 minutes.
- ☐ Add salt, chili powder, and beef, and cook 3 to 5 minutes. Stir in 2 1/4 cups water and next 5 ingredients. Bring to a boil; reduce heat to low, and simmer, stirring occasionally, 45 minutes or until most of the liquid evaporates.

Nutrition Facts



Properties

Glycemic Index:21.8, Glycemic Load:0.3, Inflammation Score:-6, Nutrition Score:21.259564990583%

Flavonoids

Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 320.26kcal (16.01%), Fat: 10.34g (15.9%), Saturated Fat: 4.28g (26.73%), Carbohydrates: 16.3g (5.43%), Net Carbohydrates: 15.31g (5.57%), Sugar: 11.43g (12.7%), Cholesterol: 112.49mg (37.5%), Sodium: 1114.79mg (48.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.78g (79.55%), Vitamin B12: 4.06µg (67.74%), Zinc: 9.44mg (62.96%), Vitamin B3: 10.9mg (54.5%), Selenium: 32.75µg (46.79%), Vitamin B6: 0.84mg (41.92%), Phosphorus: 385.32mg (38.53%), Iron: 5.08mg (28.22%), Potassium: 855.61mg (24.45%), Vitamin B2: 0.4mg (23.39%), Vitamin A: 725.32IU (14.51%), Magnesium: 52.56mg (13.14%), Vitamin E: 1.91mg (12.74%), Vitamin B5: 1.22mg (12.22%),

Copper: 0.23mg (11.58%), Manganese: 0.13mg (6.52%), Vitamin B1: 0.1mg (6.35%), Vitamin K: 5.61µg (5.34%),
Vitamin C: 3.65mg (4.43%), Folate: 17.22µg (4.31%), Calcium: 41.68mg (4.17%), Fiber: 0.99g (3.95%), Vitamin D:
0.18µg (1.21%)