



Lauren's Cincinnati Chili

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

READY IN



200 min.

SERVINGS



8

CALORIES



199 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons apple cider vinegar
- 2 bay leaves
- 2 teaspoons pepper black
- 15 ounce tomato sauce canned
- 0.5 teaspoon cayenne pepper
- 2 pounds extra ground beef lean
- 4 cloves garlic minced
- 1.5 teaspoons ground allspice

- 2 teaspoons ground cinnamon
- 1.5 teaspoons ground cloves
- 1 teaspoon ground cumin
- 2 onions finely chopped
- 1.5 teaspoons salt
- 0.5 ounce baking chocolate unsweetened
- 1 quart water
- 1 tablespoon worcestershire sauce

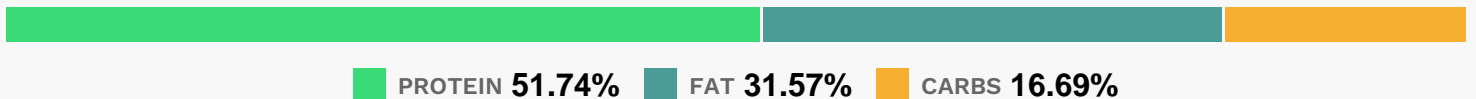
Equipment

- frying pan
- dutch oven
- slow cooker

Directions

- Cook the beef and onion in a large skillet over medium high heat, breaking up beef into tiny pieces, just until meat is no longer pink.
- Drain and place in a large Dutch oven or slow cooker. Stir in the water, garlic, cumin, cinnamon, allspice, cloves, salt, pepper, cayenne pepper, cider vinegar, Worcestershire sauce, bay leaves, tomato sauce, and chocolate. Simmer over medium low heat for 3 to 5 hours.

Nutrition Facts



Properties

Glycemic Index:28.88, Glycemic Load:1.75, Inflammation Score:-5, Nutrition Score:16.168260978616%

Flavonoids

Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 198.57kcal (9.93%), Fat: 6.97g (10.73%), Saturated Fat: 3.2g (20.01%), Carbohydrates: 8.3g (2.77%), Net Carbohydrates: 6.04g (2.2%), Sugar: 3.36g (3.73%), Cholesterol: 70.31mg (23.44%), Sodium: 800.27mg (34.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.72g (51.44%), Vitamin B12: 2.54µg (42.34%), Zinc: 6.19mg (41.24%), Vitamin B3: 6.89mg (34.45%), Manganese: 0.61mg (30.68%), Selenium: 20.66µg (29.52%), Vitamin B6: 0.56mg (27.89%), Phosphorus: 261.38mg (26.14%), Iron: 4.07mg (22.62%), Potassium: 654.59mg (18.7%), Vitamin B2: 0.23mg (13.82%), Copper: 0.26mg (12.96%), Magnesium: 47.27mg (11.82%), Vitamin B5: 0.95mg (9.49%), Fiber: 2.26g (9.03%), Vitamin C: 6.79mg (8.23%), Vitamin E: 1.19mg (7.96%), Vitamin A: 296.1IU (5.92%), Vitamin B1: 0.08mg (5.51%), Calcium: 49.63mg (4.96%), Folate: 16.94µg (4.23%), Vitamin K: 3.78µg (3.6%)