

Mr. Mason's Chili



Gluten Free



Dairy Free

READY IN



125 min.

SERVINGS



4

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon chili powder gebhardt® (such as)
- ☐ 2 cloves garlic chopped
- ☐ 1 pound ground beef
- ☐ 1 tablespoon ground cumin
- ☐ 1 onion chopped
- ☐ 1 tablespoon oregano dried
- ☐ 1 tablespoon tomato paste
- ☐ 1 tablespoon cocoa powder unsweetened

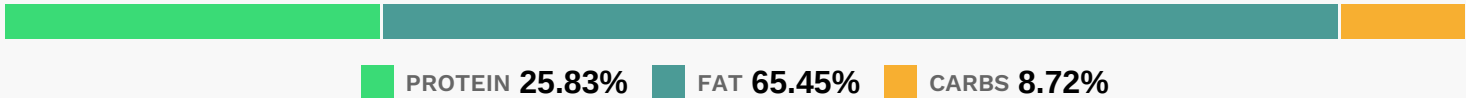
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place the ground beef and half the chili powder into a large saucepan over high heat, and cook until meat is browned, breaking the meat apart into crumbles as it cooks, about 10 minutes.
- ☐ Mix in the onion, and cook and stir until onion is softened, about 10 more minutes. Stir in garlic, and cook until fragrant, about 2 minutes. Stir in remaining chili powder, cumin, oregano, tomato paste, and cocoa powder, and cover pan.
- ☐ Reduce heat to a simmer, and cook until meat is tender and flavors have blended, mixing enough water to make a thick chili, about 1 1/2 hours. Stir occasionally.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:1.02, Inflammation Score:-9, Nutrition Score:14.549565118292%

Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg 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, Myricetin: 0.03mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

Nutrients (% of daily need)

Calories: 321.97kcal (16.1%), Fat: 23.58g (36.27%), Saturated Fat: 8.91g (55.69%), Carbohydrates: 7.06g (2.35%), Net Carbohydrates: 4.55g (1.66%), Sugar: 1.92g (2.13%), Cholesterol: 80.51mg (26.84%), Sodium: 144.83mg (6.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.93g (41.87%), Vitamin B12: 2.43µg (40.45%), Zinc: 5.11mg (34.04%), Vitamin B3: 5.34mg (26.72%), Selenium: 18.29µg (26.13%), Vitamin B6: 0.49mg (24.47%), Iron: 4.38mg (24.32%), Phosphorus: 217.27mg (21.73%), Potassium: 493.47mg (14.1%), Manganese: 0.28mg (13.92%), Vitamin A: 695IU (13.9%), Vitamin B2: 0.22mg (12.73%), Vitamin K: 12.63µg (12.03%), Vitamin E: 1.69mg (11.24%), Magnesium:

42.17mg (10.54%), Fiber: 2.51g (10.04%), Copper: 0.19mg (9.36%), Calcium: 73.02mg (7.3%), Vitamin B5: 0.65mg (6.5%), Vitamin B1: 0.08mg (5.63%), Folate: 17.76µg (4.44%), Vitamin C: 3.54mg (4.29%)