



## My Cinco de Mayo Chili

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

READY IN



**105 min.**

SERVINGS



**12**

CALORIES



**547 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 large ancho chile pepper dried
- 15 ounce black beans rinsed drained canned
- 2 ounces fire-roasted chile peppers diced green
- 0.5 cup chili powder
- 2 tablespoons corn meal
- 0.5 cup fire-roasted corn frozen
- 29 ounce fire-roasted tomatoes diced canned
- 4 large garlic cloves minced

- 3 large green onions chopped
- 2 pounds ground beef
- 0.3 cup ground cumin
- 2 pounds ground pork
- 6 slices pickled jalapeño pepper chopped
- 1 teaspoon salt
- 2 large onions diced sweet
- 1.5 fluid ounce jigger tequila
- 1 teaspoon cocoa powder unsweetened

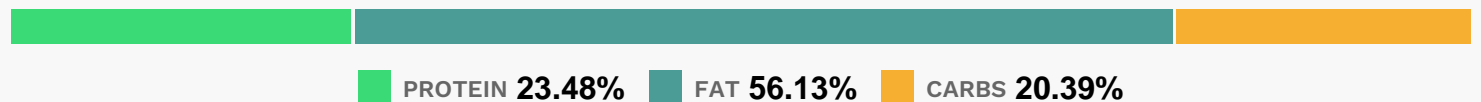
## Equipment

- pot

## Directions

- Heat a large stock pot over medium heat. Cook and stir beef and pork in the pot until completely browned, about 10 minutes.
- Drain as much grease from the meat mixture as you can and return pot to heat.
- Stir sweet onions, green onions, and garlic through the meat mixture; cook and stir until the onions are translucent, 5 to 7 minutes.
- Stir tomatoes, beer, chili powder, cumin, chile peppers, corn meal, ancho chile pepper, tequila, jalapeno pepper, cocoa powder, and salt into the meat mixture. Bring the mixture to a simmer and cook until the tomatoes are dissolving into the liquid, 1 to 2 hours. Stir corn and black beans into the chili; continue cooking until hot, 10 to 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:15.21, Glycemic Load:1.53, Inflammation Score:-10, Nutrition Score:35.823478408482%

## Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 10.98mg, Quercetin: 10.98mg, Quercetin: 10.98mg, Quercetin: 10.98mg

## **Nutrients (% of daily need)**

Calories: 547.39kcal (27.37%), Fat: 34.27g (52.72%), Saturated Fat: 12.19g (76.18%), Carbohydrates: 28g (9.33%), Net Carbohydrates: 17.95g (6.53%), Sugar: 8.66g (9.62%), Cholesterol: 108.11mg (36.04%), Sodium: 743.46mg (32.32%), Alcohol: 1.23g (100%), Alcohol %: 0.39% (100%), Protein: 32.25g (64.49%), Vitamin A: 4636.11IU (92.72%), Vitamin C: 63.4mg (76.85%), Vitamin B6: 1.1mg (54.84%), Vitamin B1: 0.75mg (49.69%), Iron: 8.88mg (49.33%), Selenium: 33.53µg (47.9%), Vitamin B3: 9.08mg (45.4%), Fiber: 10.05g (40.2%), Vitamin E: 5.99mg (39.93%), Zinc: 5.94mg (39.59%), Phosphorus: 384.29mg (38.43%), Vitamin B12: 2.15µg (35.78%), Vitamin K: 36.65µg (34.91%), Vitamin B2: 0.53mg (31.06%), Potassium: 1075.72mg (30.73%), Manganese: 0.58mg (29.04%), Magnesium: 90.52mg (22.63%), Copper: 0.36mg (18.2%), Folate: 67.44µg (16.86%), Calcium: 164.9mg (16.49%), Vitamin B5: 1.29mg (12.86%)