

Nina's Texas Chili

 Gluten Free

READY IN



165 min.

SERVINGS



12

CALORIES



604 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds beef top sirloin thinly sliced
- 15 ounce kidney beans rinsed drained canned
- 24 ounce tomato sauce canned
- 2 tablespoons cayenne pepper
- 2 teaspoons chicken soup base
- 6 tablespoons chili powder
- 2 teaspoons cooking oil
- 2 cloves garlic minced

- 1 bell pepper green chopped
- 1 teaspoon ground pepper black
- 0.5 cup honey
- 2 pounds sausage sweet italian
- 0.3 cup masa (corn flour)
- 1 onion chopped
- 3 tablespoons oregano dried
- 1 bell pepper red chopped
- 2 teaspoons salt
- 1 cup cheddar cheese shredded
- 20 ounces tomatoes diced
- 0.3 cup sugar white
- 1 bell pepper yellow chopped

Equipment

- pot

Directions

- Heat the oil in a large pot over medium heat; cook the steak, sausage, onion, green pepper, red, pepper, yellow pepper, and garlic in the pot until the onions and peppers are soft, about 5 minutes.
- Add the diced tomatoes, tomato sauce, chicken bouillon, honey, and kidney beans; bring to a boil. One at a time, stir in the cayenne pepper, chili powder, oregano, black pepper, salt, and sugar.
- Sprinkle the Cheddar cheese into the chili in small batches and stir to melt. Reduce heat to low and slow cook about 2 hours. Thicken by stirring the masa through the chili, and simmering for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:40.03, Glycemic Load:13.86, Inflammation Score:-10, Nutrition Score:33.412173970886%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 604.07kcal (30.2%), Fat: 32.97g (50.72%), Saturated Fat: 12.11g (75.7%), Carbohydrates: 36.04g (12.01%), Net Carbohydrates: 29.73g (10.81%), Sugar: 22.66g (25.18%), Cholesterol: 133.82mg (44.61%), Sodium: 1574.99mg (68.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.67g (85.34%), Selenium: 58.76µg (83.94%), Vitamin B6: 1.28mg (64.25%), Vitamin C: 52.7mg (63.88%), Vitamin B3: 11.72mg (58.62%), Vitamin A: 2655.74IU (53.11%), Phosphorus: 487.17mg (48.72%), Zinc: 7.04mg (46.93%), Vitamin B1: 0.63mg (41.71%), Potassium: 1178.22mg (33.66%), Vitamin B12: 1.85µg (30.91%), Iron: 5.34mg (29.64%), Vitamin B2: 0.45mg (26.66%), Manganese: 0.52mg (26.1%), Vitamin E: 3.79mg (25.25%), Fiber: 6.3g (25.21%), Vitamin K: 22.93µg (21.84%), Magnesium: 81.57mg (20.39%), Copper: 0.38mg (19.17%), Calcium: 174.05mg (17.4%), Vitamin B5: 1.57mg (15.67%), Folate: 60.14µg (15.04%)