

 **16%**
HEALTH SCORE

Oogie's Favorite Chili No. 5

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

READY IN



100 min.

SERVINGS



12

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounces mushrooms canned drained sliced
- 2 rib celery stalks diced
- 2 large chicken stock cube (I use Maggi cubes)
- 45 ounces chicken stock see
- 15 ounces chili beans sauce with sauce hot
- 2 tablespoons chili powder
- 1 tablespoon cilantro leaves
- 2 teaspoons cumin

- 0.3 cup parsley fresh chopped
- 3 garlic clove minced
- 1 bell pepper green chopped
- 2 lbs ground beef
- 1 tablespoon honey
- 1 jalapeno fresh
- 15 ounces kidney beans drained and rinsed
- 3 tablespoons olive oil
- 1 tablespoon oregano dried
- 15 ounces refried beans
- 1 cup salsa
- 1 teaspoon lawry's seasoned salt
- 15 ounces stewed tomatoes diced with juice
- 1 teaspoon sugar
- 6 ounces tomato paste
- 8 ounces tomato sauce
- 3 ounces water
- 2 large onion white chopped

Equipment

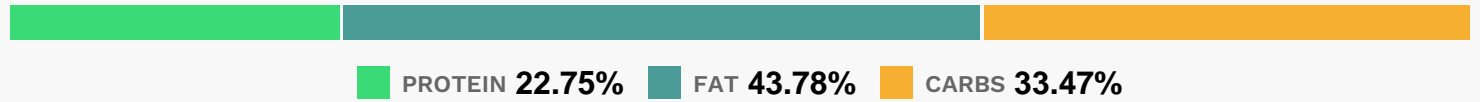
- frying pan
- pot

Directions

- In a large skillet, brown the burger in the olive oil, adding in the garlic.
- Drain the browned burger and set aside. To a large cooking pot, add all non-meat ingredients EXCEPT for the sugar and the honey. Bring to a boil and then add the burger. After adding the burger, reduce heat to a simmer, cover, and allow the chili to simmer for an hour, stirring occasionally. At the end of the hour, remove the jalapeno pepper, stir in the honey and sugar, and allow to simmer, covered, for another 10 minutes.

Serve with oyster crackers on the side.

Nutrition Facts



Properties

Glycemic Index:40.64, Glycemic Load:5.53, Inflammation Score:-9, Nutrition Score:23.135652140431%

Flavonoids

Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 7.8mg, Quercetin: 7.8mg, Quercetin: 7.8mg, Quercetin: 7.8mg

Nutrients (% of daily need)

Calories: 430.33kcal (21.52%), Fat: 21.16g (32.56%), Saturated Fat: 6.83g (42.71%), Carbohydrates: 36.4g (12.13%), Net Carbohydrates: 27.25g (9.91%), Sugar: 12.94g (14.37%), Cholesterol: 56.95mg (18.98%), Sodium: 1564.78mg (68.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.75g (49.49%), Fiber: 9.14g (36.57%), Vitamin B3: 7.02mg (35.12%), Vitamin K: 36.44µg (34.7%), Zinc: 4.97mg (33.14%), Vitamin B6: 0.66mg (32.87%), Iron: 5.88mg (32.69%), Phosphorus: 318.45mg (31.84%), Potassium: 1085.16mg (31%), Vitamin B12: 1.62µg (27.06%), Vitamin C: 22.06mg (26.74%), Copper: 0.5mg (25.16%), Selenium: 17.56µg (25.08%), Vitamin B2: 0.37mg (21.54%), Vitamin A: 1064.61IU (21.29%), Manganese: 0.42mg (21.16%), Folate: 84.47µg (21.12%), Vitamin E: 3.07mg (20.45%), Magnesium: 78.15mg (19.54%), Vitamin B1: 0.22mg (14.98%), Calcium: 103.8mg (10.38%), Vitamin B5: 0.89mg (8.87%)