



Quick Cincinnati-Style Chili

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 28 oz canned tomatoes whole chopped canned
- ☐ 1 tablespoon chili powder
- ☐ 0.8 teaspoon cinnamon
- ☐ 6 servings accompaniment: cream sour
- ☐ 1 medium bell pepper green cut into 1/4-inch dice
- ☐ 1 lb ground beef chuck 80% lean (preferably)
- ☐ 1 tablespoon blackstrap molasses

- ☐ 1 medium onion chopped
- ☐ 1 medium bell pepper red cut into 1/4-inch dice
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon cocoa powder unsweetened
- ☐ 3 tablespoons vegetable oil

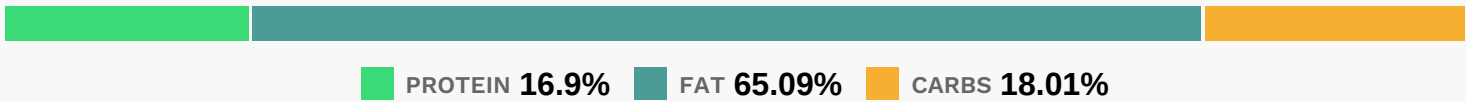
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a deep 12-inch heavy skillet over moderately high heat until hot but not smoking, then sauté onion, stirring occasionally, until golden, about 8 minutes.
- ☐ Add bell peppers and sauté, stirring occasionally, until softened, about 6 minutes.
- ☐ Add chili powder, cocoa, salt, cinnamon, and pepper and cook, stirring, about 1 minute.
- ☐ Add beef and cook, stirring and breaking up lumps, until no longer pink, about 5 minutes.
- ☐ Add tomatoes with juice and molasses and simmer briskly, uncovered, stirring occasionally, until thickened, 5 to 8 minutes.

Nutrition Facts



Properties

Glycemic Index:31.33, Glycemic Load:4.52, Inflammation Score:-8, Nutrition Score:20.348695609881%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg

Nutrients (% of daily need)

Calories: 376.77kcal (18.84%), Fat: 28.04g (43.14%), Saturated Fat: 10.42g (65.14%), Carbohydrates: 17.46g (5.82%), Net Carbohydrates: 13.18g (4.79%), Sugar: 10.94g (12.16%), Cholesterol: 70.63mg (23.54%), Sodium: 642.23mg (27.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.38g (32.77%), Vitamin C: 54.97mg (66.63%), Vitamin A: 1596.65IU (31.93%), Vitamin B6: 0.62mg (31.17%), Vitamin B12: 1.64µg (27.36%), Vitamin B3: 5.33mg (26.64%), Zinc: 3.75mg (24.97%), Vitamin K: 25.63µg (24.41%), Vitamin E: 3.56mg (23.76%), Manganese: 0.47mg (23.29%), Potassium: 789.89mg (22.57%), Iron: 3.85mg (21.36%), Selenium: 13.6µg (19.43%), Phosphorus: 191.6mg (19.16%), Copper: 0.35mg (17.64%), Fiber: 4.28g (17.12%), Vitamin B2: 0.25mg (14.69%), Magnesium: 57.89mg (14.47%), Vitamin B1: 0.17mg (11.35%), Folate: 38.15µg (9.54%), Vitamin B5: 0.93mg (9.33%), Calcium: 91.01mg (9.1%), Vitamin D: 0.32µg (2.1%)