



Real Texas Chili

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds stew meat
- 12 ounce beer canned
- 2 tablespoons chili powder
- 1 tablespoon cumin seeds
- 1 cup wine dry red
- 0.5 cup cilantro leaves fresh chopped
- 6 garlic clove minced
- 3 tablespoons jalapeno finely chopped

- 0.5 teaspoon kosher salt
- 14.3 ounce beef broth canned
- 0.5 cup onion chopped
- 3 cups onion chopped
- 2 tablespoons oregano dried
- 0.5 teaspoon pepper black
- 0.5 cup cream fat-free sour
- 0.3 cup vinegar white

Equipment

- frying pan
- dutch oven

Directions

- Heat a large Dutch oven coated with cooking spray over medium-high heat.
- Sprinkle beef with salt and pepper.
- Place half of beef in pan; cook 8 minutes or until browned.
- Remove from pan. Repeat procedure with remaining beef; remove from pan.
- Add 3 cups onion to pan; saut 5 minutes or until lightly browned.
- Add cumin, jalapeo, and garlic; saut 1 minute.
- Add wine, scraping pan to loosen browned bits. Return beef to pan.
- Stir in vinegar and next 4 ingredients (vinegar through beer); bring to a boil. Cover, reduce heat, and simmer 1 1/2 hours or until beef is tender, stirring occasionally. Uncover and simmer 1 hour, stirring occasionally. Stir in cilantro.
- Serve with onion and sour cream.

Nutrition Facts



Properties

Glycemic Index:35.06, Glycemic Load:2.38, Inflammation Score:-9, Nutrition Score:19.043043426845%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.47mg, Catechin: 2.47mg, Catechin: 2.47mg, Catechin: 2.47mg Epicatechin: 3.23mg, Epicatechin: 3.23mg, Epicatechin: 3.23mg, Epicatechin: 3.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 15.25mg, Quercetin: 15.25mg, Quercetin: 15.25mg, Quercetin: 15.25mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 262.46kcal (13.12%), Fat: 6.24g (9.6%), Saturated Fat: 2.05g (12.78%), Carbohydrates: 14.49g (4.83%), Net Carbohydrates: 11.73g (4.26%), Sugar: 3.5g (3.89%), Cholesterol: 71.6mg (23.87%), Sodium: 361.76mg (15.73%), Alcohol: 4.81g (100%), Alcohol %: 1.78% (100%), Protein: 28.22g (56.43%), Selenium: 33.68µg (48.11%), Vitamin B6: 0.96mg (47.92%), Vitamin B3: 8.4mg (41.98%), Vitamin B12: 2.15µg (35.82%), Zinc: 5.11mg (34.06%), Phosphorus: 301.21mg (30.12%), Iron: 3.88mg (21.56%), Potassium: 718.1mg (20.52%), Vitamin A: 790.85IU (15.82%), Vitamin B2: 0.27mg (15.8%), Vitamin C: 12.92mg (15.67%), Vitamin K: 15.95µg (15.19%), Manganese: 0.3mg (14.95%), Magnesium: 49.27mg (12.32%), Fiber: 2.76g (11.04%), Vitamin B1: 0.17mg (11%), Vitamin E: 1.6mg (10.66%), Calcium: 97.4mg (9.74%), Copper: 0.19mg (9.55%), Folate: 38µg (9.5%), Vitamin B5: 0.67mg (6.66%)