

Skyline Chili II

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



514 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 bay leaves crushed
- 35 peppercorns black
- 4 tablespoons chili powder
- 1 cup colby cheese shredded
- 2 cloves garlic
- 1.5 teaspoons ground allspice
- 1 teaspoon ground pepper
- 1.5 teaspoons ground cinnamon

- 2 pounds ground beef lean
- 2 onions minced
- 4 chile peppers dried diced whole red seeded
- 0.3 teaspoon pepper flakes red crushed
- 1 teaspoon salt
- 6 ounce tomato paste canned
- 3 cups water
- 2.5 tablespoons distilled vinegar white
- 1 teaspoon worcestershire sauce

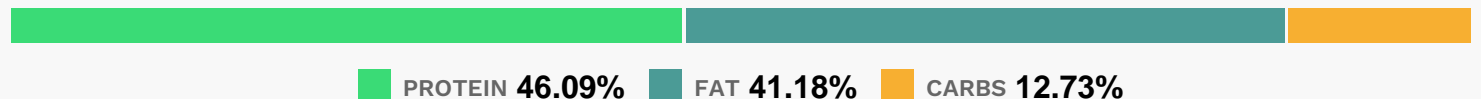
Equipment

- frying pan
- pot

Directions

- Brown ground beef in skillet with onions.
- Drain fat.
- Place the whole peppercorns, bay leaves, small red peppers, and crushed red pepper in a spice bag.
- In a large pot combine the garlic, tomato paste, water, chili powder, ground red pepper, vinegar, cinnamon, allspice, Worcestershire sauce and salt with the ground beef, onions and spice bag. Cook over low heat for 3 to 4 hours.
- When ready to serve, don't forget to remove spice bag and whole garlic cloves.

Nutrition Facts



Properties

Glycemic Index:57.25, Glycemic Load:2.37, Inflammation Score:-10, Nutrition Score:37.244347696719%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg

Nutrients (% of daily need)

Calories: 514.14kcal (25.71%), Fat: 23.51g (36.16%), Saturated Fat: 12.07g (75.43%), Carbohydrates: 16.36g (5.45%), Net Carbohydrates: 10.66g (3.88%), Sugar: 5.41g (6.01%), Cholesterol: 171.96mg (57.32%), Sodium: 1152.25mg (50.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.19g (118.39%), Vitamin B12: 5.35µg (89.24%), Zinc: 13.21mg (88.07%), Vitamin B3: 14.17mg (70.85%), Selenium: 46.86µg (66.94%), Phosphorus: 662.53mg (66.25%), Vitamin A: 3191.75IU (63.83%), Vitamin B6: 1.26mg (62.89%), Iron: 8.17mg (45.39%), Vitamin B2: 0.62mg (36.44%), Potassium: 1251.2mg (35.75%), Calcium: 329.55mg (32.96%), Manganese: 0.64mg (31.83%), Vitamin E: 4.56mg (30.42%), Magnesium: 91.38mg (22.85%), Fiber: 5.7g (22.81%), Copper: 0.43mg (21.39%), Vitamin B5: 1.81mg (18.12%), Vitamin K: 15.28µg (14.55%), Vitamin B1: 0.18mg (12.23%), Vitamin C: 9.63mg (11.68%), Folate: 37.22µg (9.3%), Vitamin D: 0.42µg (2.83%)