



WHATSheATE



Slow Braised Chili Con Carne



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



532 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 chilies de arbol
- ☐ 4 slices bacon cut into 1 inch slices)
- ☐ 1 pound beef cut into 1/2 inch cubes)
- ☐ 1 beer
- ☐ 19 ounce kidney beans drained and rinsed canned ()
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 0.5 teaspoon cayenne
- ☐ 2 ancho chilies

- ☐ 2 pasilla chilies
- ☐ 2 chipotle chilies
- ☐ 0.3 tablet mexican chocolate grated ()
- ☐ 1 handful cilantro leaves chopped ()
- ☐ 0.3 teaspoon cinnamon
- ☐ 1 cup hot-brewed coffee
- ☐ 0.5 teaspoon coriander
- ☐ 1 tablespoon cumin
- ☐ 4 cloves garlic chopped ()
- ☐ 1 onion chopped ()
- ☐ 1 teaspoon oregano
- ☐ 4 servings salt to taste

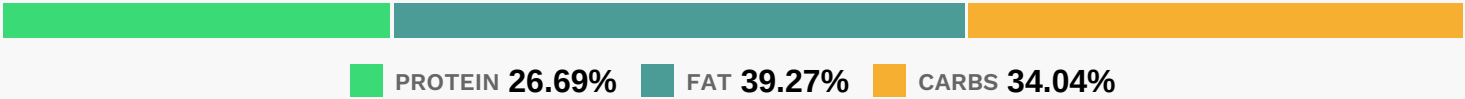
Equipment

- ☐ frying pan

Directions

- ☐ Toast the ancho, pasilla, chipotle and de arbol chilies in a pan. Cover in boiling water and let soak for 30 minutes. Meanwhile, cook the bacon in a large pan and set aside retaining the grease in the pan.
- ☐ Add the beef and brown on all sides in the bacon grease and set aside.
- ☐ Add the onion and saute until tender, about 5–7 minutes.
- ☐ Add the garlic and saute until fragrant, about a minute.
- ☐ Add the bacon, beef, tomatoes, kidney beans, coffee, beer, cumin, cinnamon, coriander, cayenne and oregano.
- ☐ Add the chilies a bit at a time taste testing as you go to get it to the level of heat that you desire.) Bring to a boil, reduce the heat and simmer until the beef is fork tender, about 3–5 hours, adding more liquid if required.
- ☐ Add the Mexican chocolate.
- ☐ Remove from heat and mix in the cilantro.

Nutrition Facts



Properties

Glycemic Index:107.78, Glycemic Load:13.54, Inflammation Score:-9, Nutrition Score:38.956521816876%

Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.01mg, Luteolin:
0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg,
Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin:
0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.2mg, Quercetin: 6.2mg, Quercetin:
6.2mg, Quercetin: 6.2mg

Nutrients (% of daily need)

Calories: 532.09kcal (26.6%), Fat: 24.21g (37.25%), Saturated Fat: 9.3g (58.11%), Carbohydrates: 47.22g (15.74%),
Net Carbohydrates: 33.41g (12.15%), Sugar: 17.35g (19.28%), Cholesterol: 92.76mg (30.92%), Sodium: 1051.53mg
(45.72%), Alcohol: 0.01g (100%), Alcohol %: 0% (100%), Caffeine: 24.85mg (8.29%), Protein: 37.03g (74.06%),
Vitamin C: 87.64mg (106.24%), Zinc: 10.5mg (69.98%), Vitamin B6: 1.22mg (60.96%), Fiber: 13.81g (55.25%),
Manganese: 1.07mg (53.47%), Vitamin B12: 3.21µg (53.43%), Phosphorus: 498.47mg (49.85%), Vitamin B3: 9.77mg
(48.83%), Iron: 8.58mg (47.68%), Potassium: 1631.55mg (46.62%), Selenium: 31.44µg (44.91%), Copper: 0.75mg
(37.45%), Vitamin B1: 0.5mg (33.26%), Magnesium: 129.68mg (32.42%), Vitamin K: 31.21µg (29.72%), Vitamin B2:
0.49mg (28.76%), Vitamin A: 1145.25IU (22.91%), Vitamin E: 3.4mg (22.66%), Folate: 83.49µg (20.87%), Vitamin B5:
1.85mg (18.52%), Calcium: 171.05mg (17.11%), Vitamin D: 0.2µg (1.34%)