



## Smoky Pork, Bacon and White Bean Chili

 Gluten Free

READY IN



100 min.

SERVINGS



6

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 30 ounce .5 can cannellini beans white drained canned ( kidney)
- 2 tablespoons chili powder
- 29 ounce fire-roasted tomatoes diced canned
- 1 large onion cut into 1/2-inch dice
- 1.5 pounds pork loin roast cut into 3/4-inch dice\*
- 6 servings salt
- 2 scallions thinly sliced
- 1 tablespoon paprika smoked

- 0.5 cup cup heavy whipping cream sour
- 6 slices bacon thick-cut
- 1.5 cups water

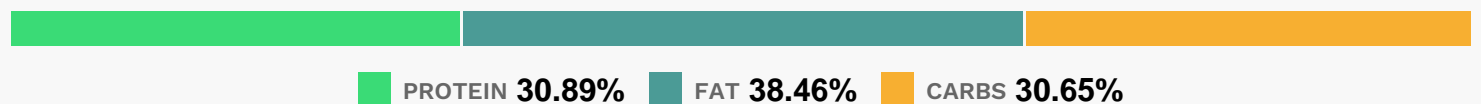
## Equipment

- paper towels
- sauce pan
- pot
- slotted spoon

## Directions

- In a large saucepan or small stockpot over medium heat, cook the bacon, stirring occasionally, until crisp, 8 to 10 minutes. Use a slotted spoon to transfer the bacon to a paper towel-lined plate and set aside.
- Add the onion to the bacon fat and cook, stirring occasionally, for 2 minutes. Increase the heat to medium-high, add the pork, and cook, stirring occasionally, until the onions are crisp-tender, 6 to 8 minutes. Stir in the chili powder and paprika. Stir in the tomatoes (with their juices) and water. Bring to a boil, reduce to a simmer, and cook, stirring occasionally, until the pork is tender, 35 to 45 minutes.
- Stir in the beans and about 2/3 of the bacon and cook, stirring occasionally, until heated through, about 10 minutes.
- Add salt to taste.
- Serve the chili garnished with the remaining bacon and the sour cream and scallions, if using.

## Nutrition Facts



## Properties

Glycemic Index:17.5, Glycemic Load:7.82, Inflammation Score:-9, Nutrition Score:29.530000189076%

## Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg

## **Nutrients (% of daily need)**

Calories: 552.95kcal (27.65%), Fat: 23.59g (36.29%), Saturated Fat: 8.35g (52.17%), Carbohydrates: 42.3g (14.1%), Net Carbohydrates: 32.58g (11.85%), Sugar: 5.7g (6.33%), Cholesterol: 106.51mg (35.5%), Sodium: 760.84mg (33.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.62g (85.24%), Selenium: 42.39µg (60.56%), Vitamin B6: 1.18mg (58.97%), Vitamin B1: 0.77mg (51.06%), Phosphorus: 470.94mg (47.09%), Vitamin B3: 8.62mg (43.09%), Manganese: 0.85mg (42.35%), Vitamin A: 2086.5IU (41.73%), Fiber: 9.72g (38.89%), Potassium: 1289.06mg (36.83%), Iron: 6.57mg (36.52%), Magnesium: 117.96mg (29.49%), Zinc: 4.35mg (28.98%), Folate: 101.91µg (25.48%), Copper: 0.47mg (23.54%), Vitamin B2: 0.38mg (22.07%), Calcium: 193.41mg (19.34%), Vitamin E: 2.88mg (19.19%), Vitamin K: 16.53µg (15.75%), Vitamin B5: 1.46mg (14.58%), Vitamin B12: 0.8µg (13.31%), Vitamin C: 5.27mg (6.39%), Vitamin D: 0.6µg (3.98%)