



## Smoky Pork, Bacon and White Bean Chili



Gluten Free



Dairy Free

READY IN



100 min.

SERVINGS



6

CALORIES



514 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
- ☐ 1 tablespoon paprika smoked
- ☐ 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.

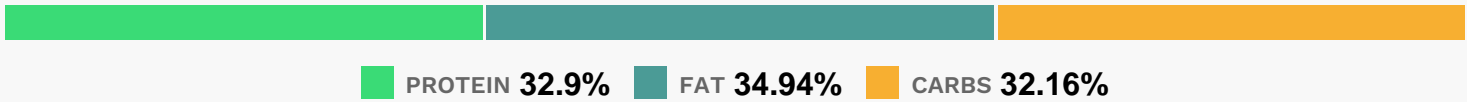
☐ Add the onion to the bacon fat and cook, stirring occasionally, for 2 minutes. Increase the heat to medium-high, add the pork, and cook, stirring occasionally, until the onions are crisp-tender, 6 to 8 minutes. Stir in the chili powder and paprika. Stir in the tomatoes (with their juices) and water. 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:12.17, Glycemic Load:7.76, Inflammation Score:-9, Nutrition Score:28.345652414405%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg

Nutrients (% of daily need)

Calories: 513.72kcal (25.69%), Fat: 19.86g (30.55%), Saturated Fat: 6.41g (40.07%), Carbohydrates: 41.12g (13.71%), Net Carbohydrates: 31.5g (11.45%), Sugar: 4.95g (5.5%), Cholesterol: 95.2mg (31.73%), Sodium: 754.26mg (32.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.08g (84.16%), Selenium: 41.66µg (59.51%), Vitamin B6: 1.17mg (58.45%), Vitamin B1: 0.76mg (50.65%), Phosphorus: 454.89mg (45.49%), Vitamin B3: 8.58mg (42.89%), Manganese: 0.84mg (41.93%), Vitamin A: 1927.21IU (38.54%), Fiber: 9.62g (38.48%), Iron: 6.5mg (36.11%), Potassium: 1254.06mg (35.83%), Magnesium: 115.24mg (28.81%), Zinc: 4.27mg (28.45%), Folate: 98.2µg (24.55%), Copper: 0.46mg (23.2%), Vitamin B2: 0.34mg (19.99%), Vitamin E: 2.78mg (18.56%), Calcium: 171.17mg (17.12%), Vitamin B5: 1.39mg (13.91%), Vitamin B12: 0.76µg (12.64%), Vitamin K: 7.97µg (7.59%), Vitamin C: 4.35mg (5.27%), Vitamin D: 0.6µg (3.98%)