



Smoky Pumpkin Beer Chili



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



580 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons vegetable oil
- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 1 teaspoon salt
- ☐ 1 cup onion chopped (2 medium)
- ☐ 15 oz kidney beans dark red rinsed drained canned
- ☐ 14.5 oz canned tomatoes diced red yellow organic undrained canned
- ☐ 12 oz beer ()
- ☐ 2 tablespoons chipotles in adobo finely chopped (from 7-oz can)

- ☐ 1 tablespoon tomato paste
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon chili powder

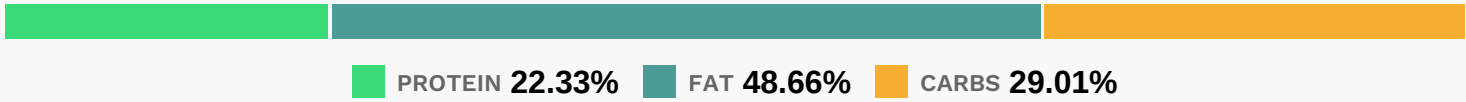
Equipment

- ☐ sauce pan

Directions

- ☐ In 3-quart saucepan, heat 1 tablespoon of the oil over medium-high heat.
- ☐ Add beef and 1/2 teaspoon of the salt; cook 5 to 6 minutes, stirring occasionally, until browned.
- ☐ Transfer beef to a plate; set aside.
- ☐ Drain fat from saucepan.
- ☐ Add remaining tablespoon oil to saucepan; add onions and remaining 1/2 teaspoon salt. Cook 3 to 4 minutes, stirring occasionally, until onions begin to brown.
- ☐ Return beef to saucepan. Stir in remaining ingredients. Cook 12 to 15 minutes or until thickened. If needed, season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:46.7, Glycemic Load:9.55, Inflammation Score:-8, Nutrition Score:26.999130653298%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 15.39mg, Quercetin: 15.39mg, Quercetin: 15.39mg, Quercetin: 15.39mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 580.18kcal (29.01%), Fat: 30.54g (46.99%), Saturated Fat: 9.9g (61.85%), Carbohydrates: 40.96g (13.65%), Net Carbohydrates: 29.32g (10.66%), Sugar: 7.59g (8.44%), Cholesterol: 80.51mg (26.84%), Sodium: 840.84mg (36.56%), Alcohol: 3.32g (100%), Alcohol %: 0.9% (100%), Protein: 31.53g (63.07%), Fiber: 11.64g (46.56%), Folate: 172.87µg (43.22%), Zinc: 6.3mg (42.02%), Iron: 7.49mg (41.59%), Vitamin B12: 2.44µg (40.73%), Manganese: 0.8mg (40.18%), Phosphorus: 393.84mg (39.38%), Vitamin B6: 0.76mg (37.82%), Vitamin B3: 7.35mg (36.75%), Potassium: 1176.45mg (33.61%), Vitamin K: 30.09µg (28.66%), Selenium: 19.95µg (28.51%), Copper: 0.56mg (27.94%), Magnesium: 101.04mg (25.26%), Vitamin B1: 0.33mg (21.69%), Vitamin B2: 0.33mg (19.26%), Vitamin E: 2.72mg (18.17%), Vitamin C: 14.61mg (17.71%), Vitamin B5: 1.18mg (11.83%), Calcium: 105.83mg (10.58%), Vitamin A: 437.72IU (8.75%)