



HEALTH SCORE

69%

Spicy Red Pork and Bean Chili



Gluten Free



Dairy Free



Very Healthy

READY IN



300 min.

SERVINGS



8

CALORIES



622 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound bacon sliced
- ☐ 4 pounds boston butt pork shoulder boneless cut into 1-inch cubes
- ☐ 7 ounce beef broth canned
- ☐ 38 ounce kidney beans red rinsed drained canned
- ☐ 28 ounce canned tomatoes with purée crushed canned
- ☐ 0.3 teaspoon cayenne
- ☐ 0.3 cup chili powder
- ☐ 1 cup hot-brewed coffee brewed

- ☐ 4 large garlic cloves minced
- ☐ 1 tablespoon ground cumin
- ☐ 1 to 2 jalapeño chiles fresh seeded chopped
- ☐ 2 teaspoons oregano dried crumbled
- ☐ 1 sprigs tortilla chips fresh salted diced sour red warmed toasted chopped
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup water
- ☐ 1 large onion white chopped

Equipment

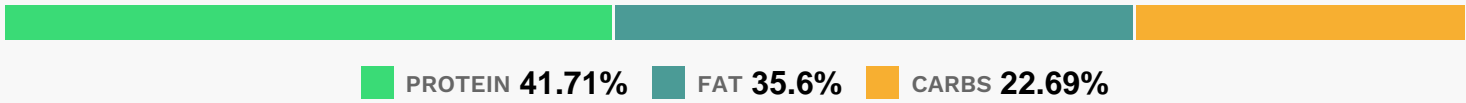
- ☐ paper towels
- ☐ pot
- ☐ ziploc bags
- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ Cook bacon in a 6- to 8-quart heavy pot over moderate heat, turning, until crisp.
- ☐ Transfer with tongs to paper towels to drain and pour off all but 2 tablespoons fat from pot. Crumble bacon. Pat pork dry and season with salt and pepper.
- ☐ Add oil to pot and heat over moderately high heat until hot but not smoking. Brown pork in about 6 batches without crowding and transfer with a slotted spoon to a plate.
- ☐ Add onion and jalapeños and cook over moderate heat, stirring, until softened.
- ☐ Add garlic, oregano, chili powder, cumin, and cayenne, then cook, stirring, 1 minute. Return pork to pot with any juices accumulated on plate and add broth, coffee, water, and tomatoes with purée.
- ☐ Simmer chili, uncovered, stirring occasionally, until pork is very tender, about 2 hours. Stir in beans and bring to a simmer, stirring.
- ☐ Serve chili with bacon and accompaniments.

· Chili may be made 2 days ahead, cooled completely, then chilled, covered. Reheat before serving.
· Onion, cilantro sprigs, and lime wedges can be prepared up to 6 hours ahead and chilled in separate sealed plastic bags.

Nutrition Facts



Properties

Glycemic Index:27.63, Glycemic Load:9.28, Inflammation Score:-10, Nutrition Score:48.146522014037%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.03mg, Luteolin:
0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg,
Isorhamnetin: 0.94mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg
Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.94mg, Quercetin:
3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg

Nutrients (% of daily need)

Calories: 622.13kcal (31.11%), Fat: 24.85g (38.23%), Saturated Fat: 7.17g (44.8%), Carbohydrates: 35.63g (11.88%),
Net Carbohydrates: 22.47g (8.17%), Sugar: 8.49g (9.44%), Cholesterol: 154.79mg (51.6%), Sodium: 1044.74mg
(45.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 11.85mg (3.95%), Protein: 65.51g (131.02%), Vitamin
B3: 26.31mg (131.54%), Vitamin B1: 1.81mg (120.39%), Vitamin B6: 2.24mg (111.87%), Selenium: 68.86µg (98.37%),
Vitamin B2: 1.35mg (79.62%), Phosphorus: 781.5mg (78.15%), Vitamin A: 3210.08IU (64.2%), Fiber: 13.17g (52.67%),
Potassium: 1833.33mg (52.38%), Manganese: 0.89mg (44.37%), Zinc: 6.4mg (42.65%), Iron: 7.62mg (42.32%),
Vitamin E: 5.82mg (38.79%), Magnesium: 145.79mg (36.45%), Vitamin B12: 2.13µg (35.54%), Copper: 0.69mg
(34.52%), Vitamin B5: 3.05mg (30.47%), Vitamin K: 31.13µg (29.65%), Vitamin C: 14.32mg (17.36%), Calcium:
148.01mg (14.8%), Folate: 57.18µg (14.3%)