



## Stout and Spicy Sausage Chili

READY IN



20 min.

SERVINGS



6

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 lb sausage meat italian
- 12 oz porter
- 28 oz canned tomatoes fire roasted organic crushed canned
- 15 oz black beans rinsed drained canned
- 15 oz cannellini beans rinsed drained canned
- 1 tablespoon sugar
- 1 tablespoon garlic powder
- 1 tablespoon chili powder
- 1.5 teaspoons onion salt

- 1.5 teaspoons ground cumin
- 4 oz cheddar cheese shredded
- 2 tablespoons spring onion chopped

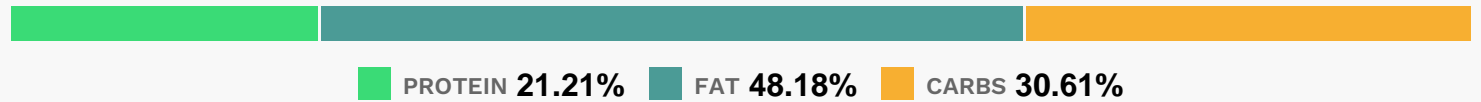
## Equipment

- sauce pan
- dutch oven

## Directions

- In Dutch oven or large saucepan, cook sausage over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked. Stir in remaining ingredients except cheese and onions.
- Heat to boiling; reduce heat. Simmer about 5 minutes to blend flavors.
- Sprinkle individual servings with cheese and onions.

## Nutrition Facts



## Properties

Glycemic Index:33.02, Glycemic Load:5.21, Inflammation Score:-8, Nutrition Score:19.46391319192%

## Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 521kcal (26.05%), Fat: 27.22g (41.87%), Saturated Fat: 10.43g (65.19%), Carbohydrates: 38.9g (12.97%), Net Carbohydrates: 28.9g (10.51%), Sugar: 5.51g (6.12%), Cholesterol: 73.33mg (24.44%), Sodium: 1689.07mg (73.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.96g (53.92%), Fiber: 10g (40%), Phosphorus: 342.41mg (34.24%), Iron: 5.72mg (31.79%), Manganese: 0.59mg (29.65%), Calcium: 268.59mg (26.86%), Vitamin B1: 0.39mg (26.27%), Zinc: 3.64mg (24.28%), Folate: 96.36µg (24.09%), Vitamin A: 1199.72IU (23.99%), Potassium: 798.62mg (22.82%), Vitamin B3: 4.28mg (21.42%), Magnesium: 81.9mg (20.47%), Vitamin B6: 0.39mg (19.49%), Copper: 0.38mg (19.18%), Vitamin B2: 0.3mg (17.93%), Vitamin B12: 0.84µg (14.05%), Selenium: 8.05µg (11.49%), Vitamin E: 1.39mg (9.27%), Vitamin B5: 0.87mg (8.7%), Vitamin K: 8.39µg (7.99%), Vitamin D: 1.1µg (7.31%), Vitamin C: 5.26mg (6.38%)