

Texas Deer Chili

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



270 min.

SERVINGS



8

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 21 ounce beef broth canned
- 30 ounce kidney beans drained and rinsed canned
- 1 clove garlic minced
- 4 ounce chile peppers diced green canned
- 2 teaspoons ground cumin
- 1 large onion chopped
- 2 teaspoons oregano dried
- 1.5 teaspoons paprika

- 0.5 teaspoon salt
- 2 tablespoons vegetable oil
- 2.5 pounds venison cut into cubes

Equipment

- frying pan
- slow cooker

Directions

- In a large skillet over medium heat, cook venison, onion and garlic in oil until meat is browned.
- Transfer to a slow cooker and stir together with chiles, beans, broth oregano, cumin, salt and paprika. Cook on medium 4 to 5 hours.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:5.72, Inflammation Score:-7, Nutrition Score:24.42130430885%

Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 306.77kcal (15.34%), Fat: 7.62g (11.72%), Saturated Fat: 2.06g (12.88%), Carbohydrates: 19.09g (6.36%), Net Carbohydrates: 12.49g (4.54%), Sugar: 2.84g (3.15%), Cholesterol: 120.49mg (40.16%), Sodium: 824.93mg (35.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.46g (78.92%), Vitamin B12: 9µg (149.94%), Vitamin B3: 10.33mg (51.66%), Vitamin B2: 0.79mg (46.23%), Phosphorus: 420.68mg (42.07%), Iron: 7.11mg (39.48%), Vitamin B6: 0.68mg (33.83%), Vitamin B1: 0.44mg (29.47%), Copper: 0.53mg (26.68%), Fiber: 6.6g (26.39%), Zinc: 3.72mg (24.83%), Potassium: 836.07mg (23.89%), Manganese: 0.45mg (22.67%), Selenium: 15.7µg (22.43%), Magnesium: 72.37mg (18.09%), Vitamin K: 15.69µg (14.94%), Folate: 47.45µg (11.86%), Vitamin C: 7.26mg (8.8%), Calcium: 66.07mg (6.61%), Vitamin E: 0.8mg (5.36%), Vitamin A: 217.83IU (4.36%), Vitamin B5: 0.2mg (2.04%)