



 **55%**
HEALTH SCORE

The Ultimate Chili

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

READY IN



380 min.

SERVINGS



6

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 stalks celery chopped
- 2 tablespoons chili powder
- 1 teaspoon basil dried
- 1 teaspoon parsley dried
- 1 teaspoon ground cumin
- 1 pound ground beef lean
- 1 bell pepper red chopped
- 45 ounce kidney beans dark red canned

- 0.5 cup red wine
- 0.3 cup red wine vinegar
- 6 servings salt and pepper to taste
- 43.5 ounce stewed tomatoes mexican-style canned
- 1 dash worcestershire sauce

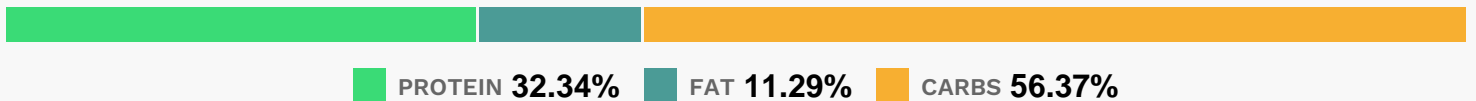
Equipment

- frying pan
- slow cooker

Directions

- In a large skillet over medium-high heat, cook ground beef until evenly browned.
- Drain off grease, and season to taste with salt and pepper.
- In a slow cooker, combine the cooked beef, kidney beans, tomatoes, celery, red bell pepper, and red wine vinegar. Season with chili powder, cumin, parsley, basil and Worcestershire sauce. Stir to distribute ingredients evenly.
- Cook on High for 6 hours, or on Low for 8 hours.
- Pour in the wine during the last 2 hours.

Nutrition Facts



Properties

Glycemic Index:19.21, Glycemic Load:10.64, Inflammation Score:-9, Nutrition Score:37.695217422817%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg,

Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 1.16mg, Apigenin: 1.16mg, Apigenin: 1.16mg, Apigenin: 1.16mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 14.81mg, Quercetin: 14.81mg, Quercetin: 14.81mg, Quercetin: 14.81mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 462.29kcal (23.11%), Fat: 5.78g (8.89%), Saturated Fat: 2g (12.5%), Carbohydrates: 64.93g (21.64%), Net Carbohydrates: 45.48g (16.54%), Sugar: 9.27g (10.3%), Cholesterol: 46.87mg (15.62%), Sodium: 761.89mg (33.13%), Alcohol: 2.12g (100%), Alcohol %: 0.48% (100%), Protein: 37.26g (74.52%), Fiber: 19.45g (77.8%), Folate: 305.93µg (76.48%), Iron: 11.88mg (65.99%), Manganese: 1.28mg (64.24%), Vitamin C: 44.73mg (54.21%), Phosphorus: 516.76mg (51.68%), Potassium: 1713.85mg (48.97%), Zinc: 6.71mg (44.76%), Copper: 0.85mg (42.39%), Magnesium: 150.09mg (37.52%), Vitamin B3: 7.47mg (37.34%), Vitamin A: 1831.36IU (36.63%), Vitamin B6: 0.73mg (36.25%), Vitamin B1: 0.49mg (32.62%), Vitamin K: 33.9µg (32.29%), Vitamin B12: 1.69µg (28.22%), Selenium: 17.62µg (25.17%), Vitamin E: 3.38mg (22.52%), Vitamin B2: 0.38mg (22.14%), Calcium: 161.26mg (16.13%), Vitamin B5: 1.31mg (13.14%)