

## Touchdown Chili



Gluten Free



Dairy Free

READY IN



210 min.

SERVINGS



8

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3 tablespoons brown sugar
- ☐ 15 ounce tomato sauce canned
- ☐ 28 ounce canned tomatoes diced with juice canned
- ☐ 0.3 cup chili powder
- ☐ 1.5 teaspoons basil dried
- ☐ 6 cloves garlic chopped
- ☐ 4 ounce chile peppers diced green drained canned
- ☐ 2 pounds ground beef

- ☐ 1.5 teaspoons ground cumin
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 large onion chopped
- ☐ 1 teaspoon pepper sauce hot
- ☐ 2 teaspoons salt
- ☐ 1 tablespoon vinegar white

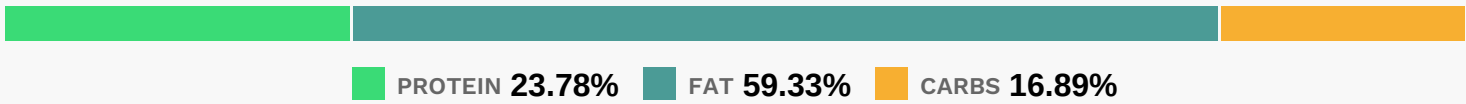
## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ stove

## Directions

- ☐ Place the ground beef, onion and garlic in a large saucepan over medium heat. Cook, stirring to crumble the beef, until the beef is no longer pink and the onion is tender.
- ☐ Drain off the fat and return the pan to the stove.
- ☐ Combine the chili powder, cumin and basil; sprinkle over the beef. Cook and stir to coat the meat and toast the spices a little.
- ☐ Pour in the tomatoes, green chilies, tomato sauce, beer and vinegar. Bring to a boil and stir to loosen any bits that are stuck to the bottom of the pan.
- ☐ Mix in the brown sugar, hot pepper sauce, salt and pepper. Reduce the heat to low, cover and simmer for 3 hours.
- ☐ Remove the lid for the last 30 minutes of cooking.

## Nutrition Facts



## Properties

Glycemic Index:23.63, Glycemic Load:1.53, Inflammation Score:-9, Nutrition Score:21.118260891541%

## Flavonoids

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: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

Nutrients (% of daily need)

Calories: 362.09kcal (18.1%), Fat: 24.41g (37.56%), Saturated Fat: 8.99g (56.19%), Carbohydrates: 15.63g (5.21%), Net Carbohydrates: 10.65g (3.87%), Sugar: 7.8g (8.67%), Cholesterol: 80.51mg (26.84%), Sodium: 1143.69mg (49.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.02g (44.03%), Vitamin A: 3179.1IU (63.58%), Vitamin B12: 2.43µg (40.45%), Zinc: 5.39mg (35.92%), Vitamin B6: 0.7mg (34.97%), Vitamin E: 5.03mg (33.53%), Vitamin B3: 6.62mg (33.12%), Iron: 5.15mg (28.62%), Selenium: 19.89µg (28.42%), Phosphorus: 236.43mg (23.64%), Potassium: 728.85mg (20.82%), Fiber: 4.98g (19.91%), Vitamin B2: 0.31mg (18.29%), Manganese: 0.35mg (17.51%), Vitamin K: 17.51µg (16.68%), Vitamin C: 11.13mg (13.49%), Copper: 0.25mg (12.73%), Magnesium: 48.33mg (12.08%), Vitamin B5: 0.88mg (8.79%), Calcium: 86.37mg (8.64%), Vitamin B1: 0.1mg (6.9%), Folate: 27.48µg (6.87%)