



Tray's Spicy Texas Chili

READY IN



200 min.

SERVINGS



6

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce kidney beans rinsed drained canned
- 30 ounce tomato sauce canned
- 10 ounce canned tomatoes diced with green chile peppers (such as ro*tel®), drained canned
- 1 tablespoon cayenne pepper
- 0.5 teaspoon chili powder
- 1 sleeve crackers
- 2 cloves garlic chopped
- 1.3 pounds ground beef
- 0.5 teaspoon ground cumin

- 0.5 teaspoon ground pepper black
- 0.5 teaspoon ground pepper white
- 1 habanero pepper chopped
- 1 jalapeno chopped
- 0.5 teaspoon salt
- 1 cup cheddar cheese shredded
- 2 tablespoons worcestershire sauce
- 1 onion yellow divided chopped

Equipment

- bowl
- frying pan
- pot

Directions

- Heat a large skillet over medium-high heat. Cook and stir beef, half the onion, habanero pepper, jalapeno pepper, and garlic in the hot skillet until meat is browned and crumbly, 5 to 7 minutes; drain and discard grease.
- Transfer beef mixture to a large pot and add tomato sauce, kidney beans, diced tomatoes with green chiles, 2 tablespoons chili powder, 1 tablespoon cumin, cayenne pepper, salt, white pepper, and black pepper.
- Bring beef mixture to a boil; reduce heat to medium-low and simmer for 30 minutes. Stir in beer, Worcestershire sauce, 1/2 teaspoon chili powder, and 1/2 teaspoon cumin. Continue to simmer chili until flavors blend, about 2 hours.
- Spoon chili into bowls and top with Cheddar cheese, crackers, and remaining half onion.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:6.96, Inflammation Score:-8, Nutrition Score:22.566086888313%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 446.52kcal (22.33%), Fat: 26.37g (40.57%), Saturated Fat: 11.06g (69.1%), Carbohydrates: 26.95g (8.98%), Net Carbohydrates: 18.43g (6.7%), Sugar: 9.76g (10.85%), Cholesterol: 85.93mg (28.64%), Sodium: 1485.54mg (64.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.8g (53.6%), Phosphorus: 371.24mg (37.12%), Vitamin B12: 2.22µg (37.03%), Zinc: 5.53mg (36.84%), Fiber: 8.51g (34.06%), Selenium: 21.62µg (30.88%), Vitamin B3: 6.03mg (30.14%), Vitamin B6: 0.6mg (29.79%), Vitamin C: 24.45mg (29.64%), Potassium: 1000.44mg (28.58%), Iron: 4.82mg (26.76%), Vitamin A: 1247.63IU (24.95%), Manganese: 0.49mg (24.27%), Vitamin B2: 0.39mg (23.16%), Calcium: 209.94mg (20.99%), Vitamin E: 3.03mg (20.17%), Copper: 0.37mg (18.67%), Magnesium: 71.3mg (17.83%), Folate: 49.31µg (12.33%), Vitamin B1: 0.18mg (12.23%), Vitamin B5: 1.13mg (11.33%), Vitamin K: 11.41µg (10.87%), Vitamin D: 0.21µg (1.38%)