



Triple Threat Chili

 Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15.5 ounce beans red canned
- 8 ounce tomato sauce canned
- 14.5 ounce canned tomatoes diced canned
- 0.5 teaspoon cayenne pepper
- 1 packet chili seasoning (recommended: seasoning packet from the Carroll Shelby Chili Kit)
- 12 servings green onion sliced for serving
- 1 pound ground buffalo
- 1 pound ground turkey breast

- 0.3 cup hot sauce
- 1 pound sausage italian hot
- 1 onion red roughly chopped
- 1 teaspoon pepper flakes red
- 12 servings cheddar shredded for serving
- 1 teaspoon paprika smoked
- 12 servings cup heavy whipping cream sour for serving

Equipment

- bowl
- frying pan
- pot

Directions

- Spray a nonstick pan with cooking spray and put over medium-high heat.
- Add the onion and saute for a few minutes.
- Meanwhile, spray a large pot with cooking spray and turn the heat to medium. Before the onion starts to turn translucent, transfer it to the pot. In the pan that the onion was just sauteed in, add the sausage, leaving it broken up in an array of different size pieces.
- Saute until cooked through.
- Transfer the sausage to the pot with the onion and stir well.
- Add the ground buffalo to the pan, saute until cooked through, and then add it to the pot.
- Saute the ground turkey until no longer pink and add it to the pot. Give the pot a good stir to incorporate all the ingredients well. Stir in the tomato sauce, diced tomatoes and red beans.
- Mix until everything is well distributed.
- Add the packet of chili seasoning, along with the cayenne pepper, smoked paprika and red pepper flakes and stir to incorporate.
- Stir in the hot sauce and simmer over medium-low heat until ready to serve.
- Serve in individual bowls with a handful of shredded Cheddar, a dollop of sour cream and a sprinkling of green onion.

Nutrition Facts

PROTEIN 26.13% FAT 60.98% CARBS 12.89%

Properties

Glycemic Index:25.08, Glycemic Load:3.4, Inflammation Score:-6, Nutrition Score:16.780434753584%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 372kcal (18.6%), Fat: 25.49g (39.22%), Saturated Fat: 11.48g (71.78%), Carbohydrates: 12.13g (4.04%), Net Carbohydrates: 8.75g (3.18%), Sugar: 4g (4.44%), Cholesterol: 86.6mg (28.87%), Sodium: 860.42mg (37.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.58g (49.16%), Selenium: 27.52µg (39.32%), Phosphorus: 347.7mg (34.77%), Vitamin B6: 0.59mg (29.73%), Vitamin B3: 5.81mg (29.07%), Calcium: 266.28mg (26.63%), Vitamin B1: 0.33mg (21.93%), Zinc: 2.91mg (19.38%), Vitamin B2: 0.33mg (19.2%), Vitamin K: 18.22µg (17.35%), Potassium: 543.87mg (15.54%), Vitamin A: 776IU (15.52%), Vitamin B12: 0.88µg (14.67%), Vitamin C: 11.25mg (13.63%), Fiber: 3.38g (13.5%), Manganese: 0.25mg (12.66%), Magnesium: 49.49mg (12.37%), Iron: 2.11mg (11.73%), Copper: 0.22mg (10.81%), Vitamin B5: 0.92mg (9.19%), Folate: 35.04µg (8.76%), Vitamin E: 1.2mg (7.98%), Vitamin D: 0.33µg (2.21%)