



## Venison-Bacon White Chili

READY IN



120 min.

SERVINGS



12

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound bacon diced sliced
- 2 tablespoons brown sugar
- 6 tablespoons butter
- 15 ounce cannellini beans rinsed drained canned
- 2 teaspoons cayenne pepper divided
- 4 cups chicken broth
- 2 teaspoons chili powder divided
- 1 tablespoon cilantro leaves dried
- 2 tablespoons flour all-purpose

- 6 cloves garlic minced
- 4 ounce chiles diced green peeled seeded canned
- 1 teaspoon ground cinnamon
- 1 teaspoon ground coriander seed
- 1 tablespoon ground cumin
- 0.5 teaspoon ground nutmeg
- 0.5 teaspoon ground pepper white
- 1 pound ground venison
- 1 teaspoon oregano dried
- 1 onion red chopped
- 4 teaspoons salt divided
- 15 ounce kernel corn whole drained canned

## Equipment

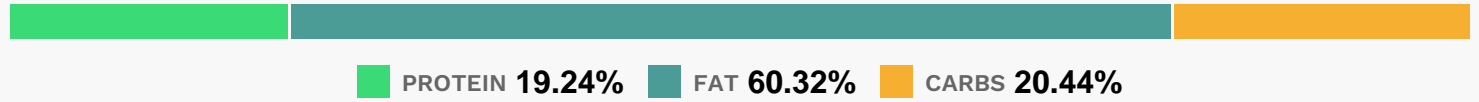
- frying pan
- whisk
- pot

## Directions

- Melt the butter in a large pot over medium-low heat. Stir in flour until smooth. Cook and stir until the flour turns dark, about 15 to 20 minutes. Stir in the white pepper, 1 teaspoon of salt, brown sugar, cinnamon and nutmeg until smooth.
- Gradually whisk in the chicken broth so that no lumps form.
- Add the green chilies with their liquid, and the crushed garlic cloves. Season with 1 teaspoon of chili powder, 1 teaspoon of cayenne, cumin, cilantro, coriander and oregano. Stir in the corn and beans, and bring to a simmer.
- Place the bacon in a large skillet over medium-high heat. Cook, turning occasionally until browned.
- Add the onion and minced garlic; cook and stir for a few minutes.

- Add the venison, and season with remaining 3 teaspoons of salt, 1 teaspoon of chili powder and 1 teaspoon of cayenne pepper. Cook, stirring to break the venison to your desired texture, until evenly browned.
- Transfer the meat mixture to the pot, and simmer over low heat for at least 1 hour, stirring occasionally.

## Nutrition Facts



### Properties

Glycemic Index:24.92, Glycemic Load:1.08, Inflammation Score:-6, Nutrition Score:12.431739174801%

### Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

### Nutrients (% of daily need)

Calories: 364.89kcal (18.24%), Fat: 24.53g (37.74%), Saturated Fat: 10.09g (63.05%), Carbohydrates: 18.7g (6.23%), Net Carbohydrates: 16.04g (5.83%), Sugar: 2.8g (3.12%), Cholesterol: 71.8mg (23.93%), Sodium: 1494.16mg (64.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.61g (35.22%), Vitamin B1: 0.41mg (27.34%), Vitamin B3: 4.57mg (22.84%), Phosphorus: 212mg (21.2%), Selenium: 14.18µg (20.26%), Vitamin B6: 0.38mg (18.83%), Manganese: 0.34mg (17.24%), Zinc: 2.55mg (17%), Iron: 2.8mg (15.56%), Vitamin B12: 0.92µg (15.39%), Vitamin B2: 0.24mg (14.08%), Potassium: 449.96mg (12.86%), Folate: 51.33µg (12.83%), Magnesium: 42.83mg (10.71%), Fiber: 2.66g (10.65%), Vitamin A: 459.75IU (9.2%), Copper: 0.18mg (8.82%), Vitamin C: 6.75mg (8.18%), Vitamin B5: 0.63mg (6.25%), Calcium: 55.12mg (5.51%), Vitamin E: 0.81mg (5.4%), Vitamin K: 5.01µg (4.77%), Vitamin D: 0.15µg (1.01%)