



## Venison Chili

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 teaspoon pepper black freshly ground
- 15 ounce kidney beans red rinsed drained canned
- 14.5 ounce canned tomatoes diced undrained canned
- 2 tablespoons chili powder
- 14 ounce less-sodium chicken broth fat-free canned
- 4 garlic cloves minced
- 1 cup bell pepper green chopped
- 0.5 teaspoon ground cumin

- 0.5 teaspoon ground pepper red
- 1 pound ground venison
- 1 jalapeno seeded chopped
- 0.5 teaspoon salt
- 1 cup onion sweet chopped
- 1 tablespoon tomato paste

## Equipment

- frying pan
- slotted spoon
- dutch oven

## Directions

- Heat a small Dutch oven over medium-high heat. Coat pan with cooking spray.
- Add venison; cook 3 minutes or until browned, stirring to crumble.
- Remove from pan with a slotted spoon. Cover and keep warm.
- Reduce heat to medium.
- Add onion, bell pepper, garlic, and jalapeo to pan; cook 10 minutes or until tender, stirring frequently. Stir in chili powder and next 4 ingredients (through black pepper).
- Add venison, diced tomatoes, chicken broth, and tomato paste, stirring until well combined; bring to a boil. Cover; reduce heat, and simmer 30 minutes.
- Add red kidney beans; cook, uncovered, 15 minutes.

## Nutrition Facts



PROTEIN **38.54%**  FAT **24.75%**  CARBS **36.71%**

## Properties

Glycemic Index:69, Glycemic Load:8.13, Inflammation Score:-9, Nutrition Score:31.85826081815%

## Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg,  
Epigallocatechin 3-gallate: 0.03mg Luteolin: 1.81mg, Luteolin: 1.81mg, Luteolin: 1.81mg, Luteolin: 1.81mg Kaempferol:  
0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.5mg, Myricetin: 0.5mg,  
Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 6.86mg, Quercetin: 6.86mg, Quercetin: 6.86mg, Quercetin: 6.86mg

## **Nutrients (% of daily need)**

Calories: 343.66kcal (17.18%), Fat: 9.74g (14.99%), Saturated Fat: 4.08g (25.47%), Carbohydrates: 32.52g (10.84%),  
Net Carbohydrates: 22.07g (8.02%), Sugar: 10.52g (11.69%), Cholesterol: 90.72mg (30.24%), Sodium: 1292.04mg  
(56.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.14g (68.29%), Vitamin C: 48.38mg (58.64%),  
Vitamin B1: 0.88mg (58.47%), Vitamin B6: 1.07mg (53.35%), Vitamin B3: 9.72mg (48.6%), Phosphorus: 425.86mg  
(42.59%), Fiber: 10.45g (41.82%), Iron: 7.43mg (41.27%), Zinc: 6.08mg (40.52%), Manganese: 0.78mg (38.98%),  
Vitamin B12: 2.32µg (38.65%), Potassium: 1246.44mg (35.61%), Vitamin A: 1752.74IU (35.05%), Copper: 0.64mg  
(32.04%), Vitamin B2: 0.54mg (31.91%), Vitamin E: 3.87mg (25.82%), Selenium: 17.02µg (24.32%), Magnesium:  
95.22mg (23.81%), Vitamin K: 20.05µg (19.09%), Folate: 62.42µg (15.61%), Vitamin B5: 1.48mg (14.75%), Calcium:  
118.41mg (11.84%)