

Venison Chili



Gluten Free



Popular

READY IN



90 min.

SERVINGS



8

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 slices bacon diced cooked
- ☐ 4 tablespoons canola oil
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 0.5 teaspoon chili powder
- ☐ 2 cups black beans cooked drained
- ☐ 4 tablespoons brown sugar dark
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 4 cloves garlic minced

- ☐ 1 teaspoon ground cumin
- ☐ 4 cups chicken broth low-sodium
- ☐ 1 onion red chopped
- ☐ 3 cups red wine
- ☐ 4 tablespoons red wine vinegar
- ☐ 8 servings salt to taste
- ☐ 2 pounds venison stew meat diced trimmed finely
- ☐ 4 tablespoons tomato paste
- ☐ 4 tablespoons butter unsalted

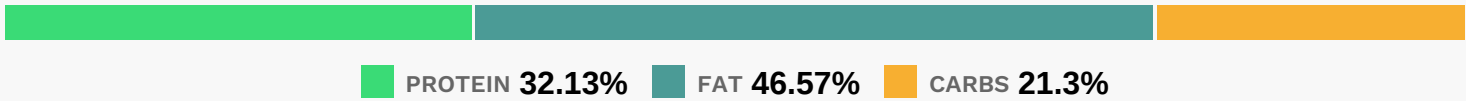
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Melt the butter in a large pot over medium heat. Stir in the onion and garlic, and saute for 3 to 4 minutes. Stir in the brown sugar and saute for 2 to 3 more minutes. Then stir in the red wine, vinegar, tomato paste, chicken stock, cumin, cayenne pepper, chili powder, cilantro and salt. Simmer for 30 to 35 minutes, or until the mixture is reduced by about half.
- ☐ Meanwhile, heat the oil in a large skillet over medium-high heat. Stir in the bacon and fry for 3 to 4 minutes, or until the bacon is browned. Move the bacon to one side of the skillet and add the venison to the empty side of the skillet. Season the meat with salt to taste and saute the meat for 15 minutes, or until well browned. Stir in the beans and toss all together.
- ☐ Transfer this mixture to the simmering pot.
- ☐ Mix everything together thoroughly and let simmer for about 20 more minutes.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:3.26, Inflammation Score:-7, Nutrition Score:22.3252174025%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Petunidin: 1.78mg, Petunidin: 1.78mg, Petunidin: 1.78mg, Petunidin: 1.78mg Delphinidin: 1.81mg, Delphinidin: 1.81mg, Delphinidin: 1.81mg, Delphinidin: 1.81mg Malvidin: 12.46mg, Malvidin: 12.46mg, Malvidin: 12.46mg, Malvidin: 12.46mg Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg Catechin: 6.43mg, Catechin: 6.43mg, Catechin: 6.43mg, Catechin: 6.43mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 3.41mg, Epicatechin: 3.41mg, Epicatechin: 3.41mg, Epicatechin: 3.41mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 1.59mg, Naringenin: 1.59mg, Naringenin: 1.59mg, Naringenin: 1.59mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 510kcal (25.5%), Fat: 22.91g (35.24%), Saturated Fat: 7.53g (47.09%), Carbohydrates: 23.58g (7.86%), Net Carbohydrates: 19.14g (6.96%), Sugar: 8.14g (9.04%), Cholesterol: 95.26mg (31.75%), Sodium: 534.33mg (23.23%), Alcohol: 9.54g (100%), Alcohol %: 2.84% (100%), Protein: 35.56g (71.12%), Vitamin B3: 11.07mg (55.34%), Selenium: 38.08µg (54.39%), Vitamin B6: 0.95mg (47.44%), Phosphorus: 416.39mg (41.64%), Zinc: 5.87mg (39.15%), Vitamin B12: 2.34µg (38.95%), Potassium: 934.8mg (26.71%), Iron: 4.57mg (25.37%), Folate: 83.85µg (20.96%), Manganese: 0.42mg (20.81%), Magnesium: 79.81mg (19.95%), Vitamin B1: 0.29mg (19.18%), Vitamin B2: 0.32mg (18.62%), Fiber: 4.44g (17.76%), Copper: 0.33mg (16.48%), Vitamin E: 2.21mg (14.76%), Vitamin K: 8.75µg (8.33%), Vitamin A: 404.42IU (8.09%), Vitamin B5: 0.79mg (7.92%), Calcium: 65.16mg (6.52%), Vitamin C: 3.42mg (4.14%)