



Whiskey and Triple Pork Black Bean Chili

 Gluten Free

READY IN



150 min.

SERVINGS



4

CALORIES



990 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 lb bacon smoked thick-cut chopped
- ☐ 2 chipotles in adobo canned chopped
- ☐ 2 celery stalks sliced
- ☐ 4 servings chives chopped
- ☐ 1.5 cups black beans dried rinsed cleaned
- ☐ 0.5 cup flat parsley coarsely chopped
- ☐ 1.5 teaspoons ground cumin
- ☐ 4 servings crème fraîche shredded

- ☐ 1 qt chicken broth reduced-sodium
- ☐ 1 large onion chopped
- ☐ 1 pound boston butt pork shoulder cut into 1- to 1 1/2-in. chunks (butt)
- ☐ 4 ounces chorizo smoked spanish thinly sliced quartered
- ☐ 4 servings vegetable oil lean (if pork is)
- ☐ 0.8 cup irish whiskey divided

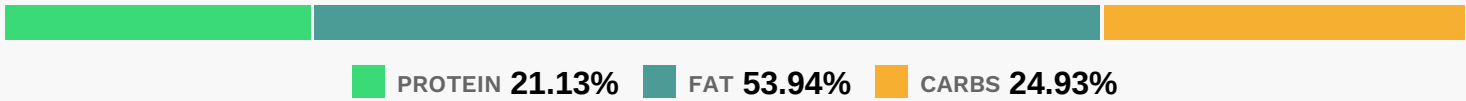
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ Brown pork in a large pot over medium-high heat, turning occasionally, about 10 minutes, adding a little oil if pork is very lean.
- ☐ Transfer pork to a plate.
- ☐ Add bacon to pot and cook, stirring often, until browned but still soft, about 5 minutes. Spoon out fat and return 2 tbsp. to pot.
- ☐ Add onion and celery and cook, stirring often, until onion is translucent, about 5 minutes.
- ☐ Return pork to pot and add beans, chipotles, cumin, broth, and 1/2 cup whiskey. Cover and bring to a boil over high heat, then reduce heat and simmer until beans and pork are tender, about 1 1/4 hours.
- ☐ Stir in chorizo and remaining 1/4 cup whiskey. Simmer, covered, until flavors are blended, about 10 minutes more. Stir in parsley.
- ☐ Ladle into bowls and top with crme frache and chives.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:0.88, Inflammation Score:-9, Nutrition Score:39.863912986672%

Flavonoids

Petunidin: 11.21mg, Petunidin: 11.21mg, Petunidin: 11.21mg, Petunidin: 11.21mg Delphinidin: 13.46mg, Delphinidin: 13.46mg, Delphinidin: 13.46mg, Delphinidin: 13.46mg Malvidin: 7.72mg, Malvidin: 7.72mg, Malvidin: 7.72mg, Malvidin: 7.72mg Apigenin: 16.22mg, Apigenin: 16.22mg, Apigenin: 16.22mg, Apigenin: 16.22mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.95mg, Isorhamnetin: 1.95mg, Isorhamnetin: 1.95mg, Isorhamnetin: 1.95mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 7.69mg, Quercetin: 7.69mg, Quercetin: 7.69mg, Quercetin: 7.69mg

Nutrients (% of daily need)

Calories: 989.98kcal (49.5%), Fat: 53.08g (81.66%), Saturated Fat: 15.86g (99.1%), Carbohydrates: 55.19g (18.4%), Net Carbohydrates: 42.15g (15.33%), Sugar: 4.52g (5.02%), Cholesterol: 108.57mg (36.19%), Sodium: 515.2mg (22.4%), Alcohol: 15.93g (100%), Alcohol %: 3.42% (100%), Protein: 46.79g (93.58%), Vitamin K: 155.91µg (148.48%), Vitamin B1: 1.46mg (97.22%), Folate: 347.56µg (86.89%), Phosphorus: 578.91mg (57.89%), Fiber: 13.05g (52.19%), Vitamin B3: 10.12mg (50.62%), Potassium: 1763.8mg (50.39%), Selenium: 34.83µg (49.75%), Manganese: 0.88mg (44.09%), Copper: 0.87mg (43.32%), Magnesium: 160.18mg (40.05%), Zinc: 5.97mg (39.8%), Iron: 7.03mg (39.08%), Vitamin B6: 0.73mg (36.62%), Vitamin B2: 0.52mg (30.43%), Vitamin B12: 1.13µg (18.77%), Vitamin A: 908.46IU (18.17%), Vitamin C: 14.11mg (17.11%), Vitamin B5: 1.66mg (16.62%), Calcium: 151.26mg (15.13%), Vitamin E: 1.68mg (11.22%), Vitamin D: 0.23µg (1.51%)