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Kentucky Chili *

Kentucky Chili is a hearty and flavorful dish that originated in the state of Kentucky. It is a meat-based chili that is typically made with ground beef, onions, tomatoes, and a blend of spices. It is often served with cornbread or crackers and topped with cheese and sour cream. This recipe will yield approximately six servings.

Recipe Type: Standard Prep Time: 15 mins

Cook Time: 60 mins Total Time: 75 mins

Recipe Yield: 1000 grams Number of Servings: 6

Serving Size: 166 g

Ingredients

500 g	Ground Beef
150 g	onion
400 g	Tomatoes
400 g	Kidney Beans
500 ml	beef broth

15 g	Chili powder
5 g	Cumin
5 g	Garlic powder
5 g	Salt
2.5 g	Pepper

Directions

Step 1

Stove

In a large pot, brown the ground beef over medium heat.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Stove

Add the onions to the pot and cook until they are translucent.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Stove

Stir in the tomatoes, kidney beans, beef broth, chili powder, cumin, garlic powder, salt, and pepper.

Prep Time: 5 mins

Cook Time: 30 mins

Step 4



Simmer the chili for 30 minutes, stirring occasionally.

Prep Time: 0 mins

Cook Time: 30 mins

Nutrition Facts

Calories: 300 kcal

Fat: 20 g

Protein: 20 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	20 g	71.43%	80%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

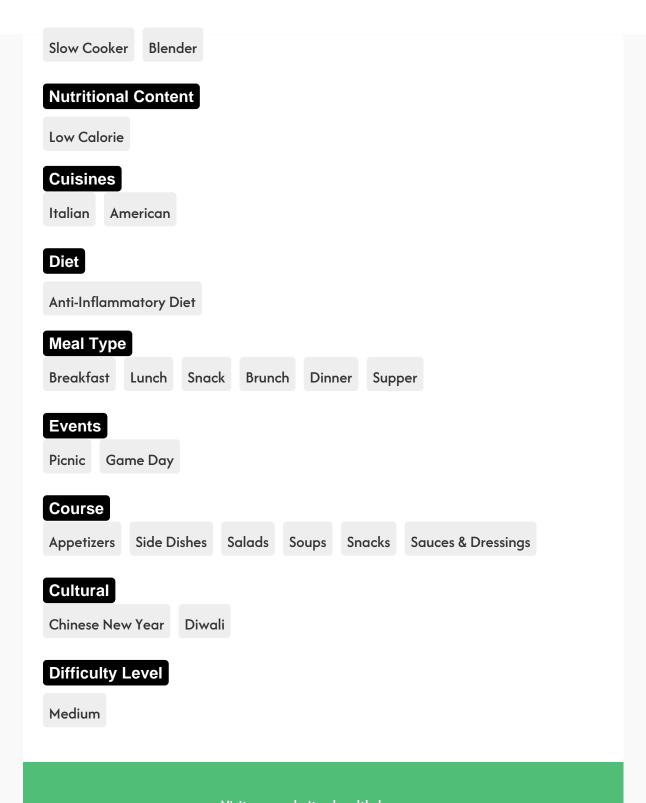
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Fall

Kitchen Tools



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