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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

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### Step 1

Stove

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

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

Stove

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

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### 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

Stove

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**

Slow Cooker

Blender

## Nutritional Content

Low Calorie

## Cuisines

Italian

American

## Diet

Anti-Inflammatory Diet

## Meal Type

Breakfast

Lunch

Snack

Brunch

Dinner

Supper

## Events

Picnic

Game Day

## Course

Appetizers

Side Dishes

Salads

Soups

Snacks

Sauces & Dressings

## Cultural

Chinese New Year

Diwali

## Difficulty Level

Medium

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