



## Atomic Canuck Chili

 **Gluten Free**  **Dairy Free**

READY IN



**330 min.**

SERVINGS



**10**

CALORIES



**364 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 28 ounce baked beans canned
- 0.3 cup barbeque sauce
- 0.3 cup canadian beer
- 30.5 ounce kidney beans with liquid canned
- 3 carrots sliced
- 3 stalks celery sliced
- 2 jalapeño chile peppers diced
- 2 tablespoons pepper red crushed

- 3 tablespoons garlic powder
- 1 bell pepper diced green
- 10 servings hot sauce
- 2 pounds ground beef lean
- 8 ounce mushroom pieces drained canned
- 0.5 large onion diced
- 1 tablespoon seasoned pepper
- 1 bell pepper diced red
- 12 ounce tomato paste canned
- 0.3 cup sugar white

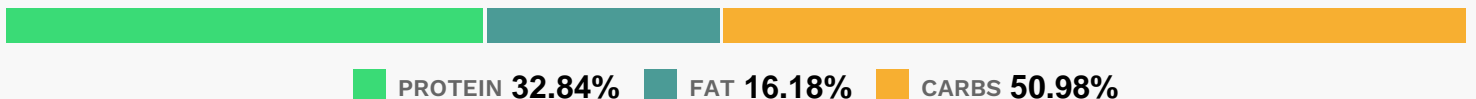
## Equipment

- frying pan
- slow cooker

## Directions

- In a large skillet over medium heat, brown ground beef together with onion, crushed red pepper, garlic powder, and seasoned pepper.
- Drain off the fat, and place the mixture into a slow cooker.
- Stir mushrooms, baked beans, kidney beans with liquid, tomato paste, sugar, carrots, celery, peppers, beer, and barbeque sauce into the slow cooker. Season with hot sauce and more crushed red pepper.
- Cover, and cook on Low for 4 to 5 hours.

## Nutrition Facts



## Properties

Glycemic Index:50.51, Glycemic Load:15.05, Inflammation Score:-10, Nutrition Score:30.638260849144%

## Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

## Nutrients (% of daily need)

Calories: 363.65kcal (18.18%), Fat: 6.74g (10.38%), Saturated Fat: 2.69g (16.83%), Carbohydrates: 47.82g (15.94%), Net Carbohydrates: 35.59g (12.94%), Sugar: 13.7g (15.22%), Cholesterol: 61.8mg (20.6%), Sodium: 784.44mg (34.11%), Alcohol: 0.23g (100%), Alcohol %: 0.07% (100%), Protein: 30.8g (61.6%), Vitamin A: 4180.53IU (83.61%), Vitamin C: 45.78mg (55.49%), Fiber: 12.23g (48.92%), Zinc: 6.82mg (45.5%), Phosphorus: 426.15mg (42.62%), Manganese: 0.85mg (42.5%), Vitamin B6: 0.78mg (39.17%), Vitamin B3: 7.8mg (38.99%), Potassium: 1217.63mg (34.79%), Selenium: 24.03µg (34.33%), Vitamin B12: 2.04µg (34.04%), Iron: 5.94mg (33.03%), Copper: 0.58mg (29.07%), Magnesium: 97.23mg (24.31%), Vitamin B2: 0.41mg (24.1%), Folate: 84.01µg (21%), Vitamin B1: 0.27mg (17.97%), Vitamin K: 17.12µg (16.3%), Vitamin B5: 1.42mg (14.19%), Vitamin E: 1.84mg (12.25%), Calcium: 115.89mg (11.59%)