



BBQ Steakhouse Chili

 Gluten Free

READY IN



450 min.

SERVINGS



14

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 18 oz hickory smoke barbecue sauce kraft
- 32 oz kidney beans rinsed canned
- 1 lb extra-lean ground beef
- 3 cloves garlic minced
- 2.5 cups no-salt-added tomatoes diced canned undrained
- 2 Tbsp oil
- 1 onion finely chopped
- 0.3 cup a.1. rub bold original dry

- 0.8 cup cheddar cheese shredded kraft
- 1 lb beef top round steak cut into 1/2-inch pieces

Equipment

- frying pan
- slow cooker

Directions

- Heat oil in large skillet on medium heat.
- Add next 5 ingredients; stir. Cook 10 min. or until meat is evenly browned, stirring frequently. Spoon into slow cooker sprayed with cooking spray.
- Add all remaining ingredients except cheese; stir. Cover with lid. Cook on LOW 7 to 8 hours (or on HIGH 4 to 5 hours).
- Serve topped with cheese.

Nutrition Facts



Properties

Glycemic Index:9.71, Glycemic Load:3.47, Inflammation Score:-4, Nutrition Score:14.362608742455%

Flavonoids

Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 258.97kcal (12.95%), Fat: 7.39g (11.38%), Saturated Fat: 2.53g (15.8%), Carbohydrates: 28.11g (9.37%), Net Carbohydrates: 23.63g (8.59%), Sugar: 14.72g (16.35%), Cholesterol: 45.9mg (15.3%), Sodium: 628.07mg (27.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.1g (40.21%), Selenium: 19.14µg (27.34%), Zinc: 3.94mg (26.24%), Vitamin B6: 0.51mg (25.59%), Phosphorus: 253.97mg (25.4%), Vitamin B3: 4.91mg (24.53%), Vitamin B12: 1.23µg (20.46%), Manganese: 0.38mg (19.12%), Iron: 3.35mg (18.59%), Fiber: 4.48g (17.92%), Potassium: 593.82mg (16.97%), Vitamin K: 16.72µg (15.93%), Vitamin B2: 0.22mg (12.89%), Magnesium: 49.5mg (12.38%), Copper: 0.23mg (11.41%), Calcium: 112.37mg (11.24%), Vitamin B1: 0.15mg (10.02%), Vitamin E: 1.19mg (7.96%), Folate: 31.67µg (7.92%), Vitamin C: 5.65mg (6.85%), Vitamin B5: 0.66mg (6.61%), Vitamin A: 225.56IU (4.51%)