



Busy Day Slow Cooker Chili

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

READY IN



375 min.

SERVINGS



8

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce kidney beans rinsed drained canned
- 14.5 ounce canned tomatoes diced canned
- 2 tablespoons chili powder
- 2 cloves garlic minced
- 1 bell pepper green chopped
- 4 ounce chile peppers diced green canned
- 1 pound ground beef
- 8 servings ground pepper black to taste

- 1 teaspoon sea salt
- 29 ounce stewed tomatoes mexican-style canned
- 8 ounce kernel corn whole no salt added drained canned ()

Equipment

- frying pan
- slow cooker

Directions

- Heat a large skillet over medium-high heat. Cook and stir beef in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease.
- Transfer beef to slow cooker.
- Stir kidney beans, diced tomatoes, stewed tomatoes, green bell pepper, green chile peppers, chili powder, garlic, sea salt, and black pepper into the ground beef.
- Cook on Low 5 1/2 to 7 1/2 hours. Stir corn into the chili and continue cooking 30 minutes more.

Nutrition Facts



■ PROTEIN **22.67%**
■ FAT **41.67%**
■ CARBS **35.66%**

Properties

Glycemic Index:20.25, Glycemic Load:3.81, Inflammation Score:-7, Nutrition Score:16.686956421189%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 264.17kcal (13.21%), Fat: 12.63g (19.43%), Saturated Fat: 4.56g (28.52%), Carbohydrates: 24.33g (8.11%), Net Carbohydrates: 18.28g (6.65%), Sugar: 7.37g (8.19%), Cholesterol: 40.26mg (13.42%), Sodium: 895.57mg (38.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.46g (30.93%), Vitamin C: 30.81mg (37.34%), Iron: 4.47mg (24.84%), Fiber: 6.05g (24.21%), Vitamin B3: 4.64mg (23.2%), Potassium: 772.9mg (22.08%), Zinc: 3.22mg (21.47%), Vitamin B6: 0.42mg (21.1%), Phosphorus: 206.39mg (20.64%), Manganese: 0.41mg (20.45%), Vitamin B12:

1.21µg (20.22%), Vitamin A: 953.75IU (19.07%), Copper: 0.36mg (18.21%), Vitamin E: 2.56mg (17.05%), Selenium: 10.58µg (15.11%), Magnesium: 56.71mg (14.18%), Vitamin B2: 0.21mg (12.63%), Vitamin B1: 0.19mg (12.49%), Folate: 47.57µg (11.89%), Vitamin K: 11.78µg (11.22%), Calcium: 93.77mg (9.38%), Vitamin B5: 0.66mg (6.64%)