



Chili Grande

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

READY IN



245 min.

SERVINGS



6

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 pound beef stew meat cut into 1/2-inch pieces
- 14.5 ounce canned tomatoes undrained canned
- 31 ounce 2 (15 1/2-ounce) cans chili beans in zesty sauce undrained canned
- 1 cup onion frozen chopped
- 10 ounce bell pepper green frozen chopped (3 cups)
- 1 tablespoon mexican seasoning salt-free

Equipment

- bowl

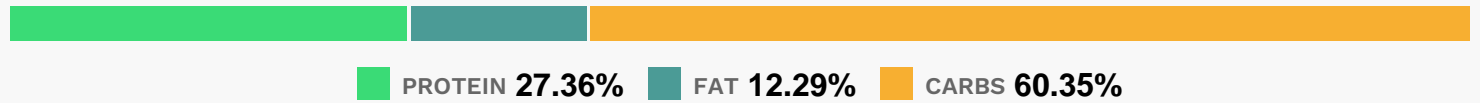
slow cooker

Directions

Place first 6 ingredients in a 4- or 5-quart electric slow cooker; stir well. Cover and cook on high setting 4 hours. Or, cover and cook on high setting 1 hour; reduce to low setting, and cook 7 hours.

If desired, spoon chili into Tortilla Bowls, and top with sour cream and cilantro (bowls not included in analysis).

Nutrition Facts



Properties

Glycemic Index:13.33, Glycemic Load:2.12, Inflammation Score:-8, Nutrition Score:23.380434761877%

Flavonoids

Luteolin: 2.23mg, Luteolin: 2.23mg, Luteolin: 2.23mg, Luteolin: 2.23mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.46mg, Quercetin: 6.46mg, Quercetin: 6.46mg, Quercetin: 6.46mg

Nutrients (% of daily need)

Calories: 262.7kcal (13.14%), Fat: 3.66g (5.62%), Saturated Fat: 1.13g (7.08%), Carbohydrates: 40.38g (13.46%), Net Carbohydrates: 33.26g (12.09%), Sugar: 24.86g (27.62%), Cholesterol: 35.15mg (11.72%), Sodium: 2088.02mg (90.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.31g (36.61%), Vitamin C: 69.76mg (84.55%), Vitamin B6: 0.87mg (43.55%), Vitamin B3: 7.38mg (36.92%), Potassium: 1088.7mg (31.11%), Vitamin E: 4.47mg (29.79%), Vitamin K: 30.85µg (29.38%), Fiber: 7.12g (28.48%), Vitamin A: 1360.59IU (27.21%), Selenium: 17.97µg (25.67%), Iron: 4.35mg (24.19%), Phosphorus: 240.82mg (24.08%), Copper: 0.43mg (21.43%), Zinc: 2.95mg (19.67%), Vitamin B1: 0.28mg (18.63%), Vitamin B12: 1.05µg (17.48%), Manganese: 0.35mg (17.42%), Vitamin B2: 0.26mg (15.43%), Magnesium: 58.93mg (14.73%), Calcium: 113.58mg (11.36%), Folate: 45.09µg (11.27%), Vitamin B5: 0.54mg (5.4%)