



WHATSheATE



HEALTH SCORE

63%

Colorado Chili



Very Healthy

READY IN



365 min.

SERVINGS



6

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup bacon crumbled
- ☐ 2 pounds beef stew meat cut into bite-sized pieces
- ☐ 0.5 cup beef stock low-sodium
- ☐ 0.5 teaspoon pepper black freshly ground plus more for seasoning
- ☐ 0.5 teaspoon chili powder
- ☐ 12 ounce chiles diced green canned
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion diced red finely

- ☐ 1 teaspoon salt plus more for seasoning
- ☐ 1 scallion sliced
- ☐ 1 tablespoon mexican seasoning salt-free
- ☐ 1 cup tomato purée

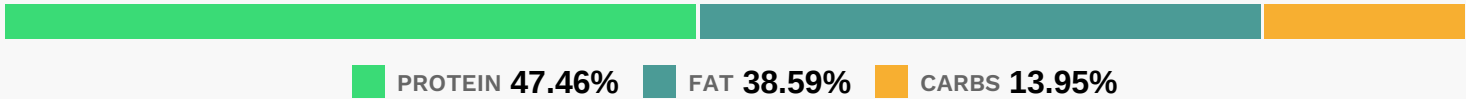
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Add olive oil to a large skillet over high heat. Season stew meat with salt and pepper and sear on all sides.
- ☐ Place in a 4-quart slow cooker.
- ☐ Add onion, green chiles, and bacon.
- ☐ Add seared stew meat.
- ☐ In a small bowl, whisk together tomato puree, Mexican seasoning, chili powder, salt and pepper and beef stock.
- ☐ Pour into slow cooker.
- ☐ Cover and cook on HIGH setting for 4 to 6 hours.
- ☐ Serve in bowls garnished with scallion

Nutrition Facts



Properties

Glycemic Index:16.83, Glycemic Load:0.47, Inflammation Score:-6, Nutrition Score:25.389130219169%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

Nutrients (% of daily need)

Calories: 318.41kcal (15.92%), Fat: 13.63g (20.97%), Saturated Fat: 3.99g (24.92%), Carbohydrates: 11.08g (3.69%), Net Carbohydrates: 7.43g (2.7%), Sugar: 3.19g (3.54%), Cholesterol: 100.47mg (33.49%), Sodium: 507.58mg (22.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.71g (75.42%), Selenium: 42.89µg (61.27%), Vitamin B6: 1.18mg (59.14%), Vitamin B3: 11.59mg (57.96%), Vitamin B12: 2.8µg (46.62%), Zinc: 6.67mg (44.46%), Phosphorus: 366.66mg (36.67%), Iron: 6.05mg (33.6%), Vitamin C: 25.83mg (31.31%), Vitamin K: 31.22µg (29.73%), Potassium: 887.55mg (25.36%), Vitamin B2: 0.34mg (19.87%), Vitamin E: 2.67mg (17.79%), Folate: 68.1µg (17.03%), Copper: 0.32mg (15.85%), Manganese: 0.31mg (15.49%), Magnesium: 61.64mg (15.41%), Fiber: 3.65g (14.62%), Vitamin B1: 0.18mg (11.98%), Calcium: 118.07mg (11.81%), Vitamin B5: 0.96mg (9.57%), Vitamin A: 420.67IU (8.41%)