



Crock-Pot Chili

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce kidney beans undrained canned
- ☐ 14.5 ounce canned tomatoes with jalapeño peppers and spices, undrained mexican-style canned
- ☐ 1 tablespoon chili powder
- ☐ 0.3 cup cooking wine dry red
- ☐ 1 garlic clove minced
- ☐ 0.5 cup bell pepper green chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 pound ground round

- ☐ 1.5 ounces cheddar cheese shredded extra-sharp reduced-fat
- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon sugar

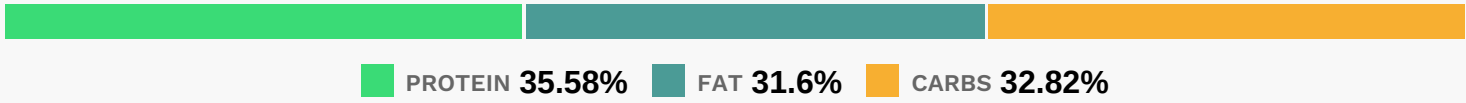
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ stove
- ☐ slow cooker

Directions

- ☐ Cook the ground round in a large nonstick skillet over medium-high heat until brown, stirring to crumble.
- ☐ Add chopped onion and the next 7 ingredients (onion through garlic), and cook for 7 minutes or until onion is tender.
- ☐ Place meat mixture in an electric slow cooker, and stir in beans and tomatoes. Cover with lid, and cook on low-heat setting for 4 hours. Spoon into bowls; sprinkle with cheese.
- ☐ Note: The chili can be made on the stovetop if you don't have a slow cooker. After adding the beans and the tomatoes, bring to a boil. Reduce heat; simmer, partially covered, 1 1/2 hours.

Nutrition Facts



Properties

Glycemic Index:38.68, Glycemic Load:6.02, Inflammation Score:-7, Nutrition Score:17.10217388039%

Flavonoids

Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg

Epicatechin: 1.07mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg

Nutrients (% of daily need)

Calories: 254.42kcal (12.72%), Fat: 8.82g (13.57%), Saturated Fat: 3.51g (21.95%), Carbohydrates: 20.61g (6.87%), Net Carbohydrates: 14.37g (5.23%), Sugar: 6.56g (7.29%), Cholesterol: 50.63mg (16.88%), Sodium: 485.99mg (21.13%), Alcohol: 1.05g (100%), Alcohol %: 0.49% (100%), Protein: 22.35g (44.69%), Zinc: 4.52mg (30.1%), Phosphorus: 287.1mg (28.71%), Vitamin B12: 1.71µg (28.42%), Vitamin B6: 0.54mg (26.85%), Vitamin B3: 5.29mg (26.45%), Fiber: 6.23g (24.93%), Vitamin C: 19.02mg (23.05%), Iron: 4.06mg (22.55%), Selenium: 15.27µg (21.81%), Manganese: 0.43mg (21.58%), Potassium: 727.02mg (20.77%), Copper: 0.32mg (16.1%), Magnesium: 58.46mg (14.62%), Vitamin B2: 0.24mg (14.22%), Vitamin B1: 0.18mg (12.33%), Vitamin A: 608.06IU (12.16%), Vitamin E: 1.69mg (11.25%), Folate: 39.38µg (9.84%), Calcium: 98.18mg (9.82%), Vitamin K: 9.65µg (9.19%), Vitamin B5: 0.81mg (8.05%)