



 **91%**
HEALTH SCORE

Crock Pot Chili Chili and Beans

 Dairy Free  Very Healthy

READY IN



510 min.

SERVINGS



12

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups beef broth
- 2 lbs stew meat
- 29 ounce tomatoes diced canned
- 60 ounce pinto beans canned
- 8 ounce tomato sauce canned
- 0.5 teaspoon ground pepper
- 14 ounce chili peppers green
- 0.3 cup chili powder

- 1 jar chipotle sauce chopped
- 1 teaspoon fennel seeds
- 0.3 cup flour all-purpose
- 2 cloves garlic minced
- 1 bell pepper diced green
- 2 teaspoons ground cumin
- 1 teaspoon pepper fresh black
- 1 tablespoon olive oil
- 1.5 teaspoons oregano dried crumbled
- 1 teaspoon salt
- 1 tablespoon sugar
- 2 teaspoons cocoa powder unsweetened
- 1 large onion yellow chopped

Equipment

- frying pan
- slow cooker

Directions

- Put first 13 ingredients in crock pot with 1 tablespoon of the sugar, mix well, add pinto beans. Turn crock pot on low.
- Heat some olive oil in a large skillet saut garlic, onions and green pepper for 4-5 minutes.
- Add to crock pot. Dredge the beef in the flour and brown in skillet. (add more oil, if necessary).
- Add to crock pot stir well. Cook 8-10 hours. Taste check; for acidity if necessary add more sugar, salt.

Nutrition Facts

PROTEIN 27.6% **FAT 18.94%** **CARBS 53.46%**

Properties

Glycemic Index:31.34, Glycemic Load:9.58, Inflammation Score:-10, Nutrition Score:36.938695244167%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 401.24kcal (20.06%), Fat: 9g (13.84%), Saturated Fat: 2.14g (13.37%), Carbohydrates: 57.14g (19.05%), Net Carbohydrates: 37.05g (13.47%), Sugar: 19.65g (21.83%), Cholesterol: 46.87mg (15.62%), Sodium: 1054.94mg (45.87%), Alcohol: 0g (100%), Protein: 29.51g (59.01%), Vitamin A: 10952.6IU (219.05%), Fiber: 20.09g (80.35%), Vitamin B6: 1.15mg (57.69%), Manganese: 1.04mg (51.96%), Vitamin B3: 10.3mg (51.48%), Vitamin K: 52.55µg (50.05%), Potassium: 1655.62mg (47.3%), Iron: 8.26mg (45.89%), Vitamin B2: 0.68mg (40.26%), Phosphorus: 401.03mg (40.1%), Vitamin E: 5.61mg (37.4%), Selenium: 24.92µg (35.6%), Vitamin C: 28.3mg (34.31%), Zinc: 4.8mg (31.99%), Magnesium: 121.51mg (30.38%), Copper: 0.55mg (27.29%), Vitamin B12: 1.42µg (23.66%), Folate: 79.28µg (19.82%), Vitamin B1: 0.26mg (17.32%), Calcium: 158.71mg (15.87%), Vitamin B5: 1.09mg (10.87%)