



 **14%**
HEALTH SCORE

Crock Pot - Great Beef, Great Beans, Great Dip! Longmeadow Farm

READY IN



255 min.

SERVINGS



8

CALORIES



723 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce baked beans canned
- 0.5 cup brown sugar
- 0.5 cup brown sugar
- 15 ounce cannellini beans rinsed drained canned (and)
- 15 ounce kidney beans rinsed drained canned (and)
- 1 dash ground pepper
- 1 tablespoon apple cider vinegar
- 2 slices bacon crumbled crisp cooked (may sub turkey bacon)

- 8 servings round buttery crackers hearty
- 8 servings cilantro leaves fresh
- 1 garlic clove minced
- 1 small bell pepper green
- 0.5 lb ground beef
- 0.3 teaspoon pepper
- 1 jalapeno deveined seeded chopped (and)
- 0.5 cup catsup
- 1 small onion chopped
- 8 servings wholewheat pita breads
- 0.3 teaspoon salt
- 3 tablespoons cheddar cheese shredded ()
- 8 servings all the tabasco sauce you handle sour with dash of tabasco sauce)
- 1 medium tomatoes fresh
- 8 servings tortilla chips
- 1 teaspoon mustard yellow

Equipment

- frying pan
- slow cooker

Directions

- Brown ground beef in skillet, breaking up meat.
- Drain fat transfer to slow cooker.
- Add rest of ingredients in a no particular order but make sure you get them all stuffed into crock pot, and mix well.Cover; cook for 4 hours low, 2 hours on high.Top with all the wonderful toppings.Scoop with variety of scoopers.I personally add way more spice to mine, but you do what suits you!

Nutrition Facts



■ PROTEIN 12.65% ■ FAT 22.72% ■ CARBS 64.63%

Properties

Glycemic Index:69.33, Glycemic Load:36.61, Inflammation Score:-7, Nutrition Score:21.463043549786%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 722.8kcal (36.14%), Fat: 18.53g (28.5%), Saturated Fat: 5.05g (31.55%), Carbohydrates: 118.54g (39.51%), Net Carbohydrates: 107.86g (39.22%), Sugar: 33.63g (37.37%), Cholesterol: 27.28mg (9.09%), Sodium: 1090.27mg (47.4%), Alcohol: 0g (100%), Protein: 23.21g (46.42%), Manganese: 0.99mg (49.34%), Fiber: 10.68g (42.73%), Phosphorus: 378.61mg (37.86%), Iron: 5.61mg (31.16%), Vitamin B1: 0.43mg (28.38%), Magnesium: 108.94mg (27.23%), Zinc: 3.76mg (25.04%), Potassium: 847.35mg (24.21%), Folate: 96.69µg (24.17%), Copper: 0.47mg (23.6%), Calcium: 230.96mg (23.1%), Vitamin B3: 4.5mg (22.48%), Vitamin K: 21.31µg (20.29%), Vitamin B6: 0.38mg (18.77%), Vitamin C: 14.1mg (17.1%), Vitamin E: 2.54mg (16.91%), Selenium: 11.66µg (16.66%), Vitamin B2: 0.28mg (16.37%), Vitamin B12: 0.66µg (11.04%), Vitamin B5: 1.08mg (10.75%), Vitamin A: 304.74IU (6.09%)