



 **58%**
HEALTH SCORE

Crock-Pot Savory Chili

 **Gluten Free**

READY IN



270 min.

SERVINGS



6

CALORIES



1278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce black beans rinsed drained canned
- 15 ounce kidney beans rinsed drained canned
- 15 ounce chili beans sauce canned
- 3 tablespoons chili powder
- 6 servings corn chips crumbled
- 1 tablespoon cumin
- 3 tablespoons garlic chopped
- 6 servings spring onion chopped

- 2 lbs ground sausage italian (or 1 lbs. Ground beef & 1 lbs. Sausage)
- 6 servings jalapeno chopped
- 2 teaspoons oregano
- 2 tablespoons paprika
- 2 teaspoons salt
- 0.8 cup bittersweet chocolate
- 6 servings cheddar cheese shredded
- 6 servings cream sour
- 56 ounce canned tomatoes crushed canned
- 1 tablespoon vegetable oil
- 0.5 onion white chopped

Equipment

- frying pan
- pot
- stove

Directions

- Heat the oil in a skillet over medium heat.
- Add the onions and garlic and cook, stirring occasionally, until tender, 7-10 minutes. Stir in chili powder, paprika, cumin, oregano and salt.
- Add the Ground Turkey (or ground beef & sausage). Increase the heat to medium high and cook the meat, stirring frequently, until cooked through, 8-10 minutes. Once the meat is done add to the crock-pot.
- Add the Tomatoes, Kidney, Chili and Black Beans, and the chocolate into the crock-pot and stir. Cook on low for 6-8 hours, or on high for 4 hours, stirring occasionally if possible. (If done on the stovetop, cook on low heat, cover and simmer, stirring occasionally, for 1 hour.). Top with your choice of toppings, and enjoy!

Nutrition Facts



■ PROTEIN 15.12% ■ FAT 57.22% ■ CARBS 27.66%

Properties

Glycemic Index:48.5, Glycemic Load:10.18, Inflammation Score:-10, Nutrition Score:55.855217695236%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 1277.89kcal (63.89%), Fat: 82.98g (127.66%), Saturated Fat: 30.89g (193.05%), Carbohydrates: 90.23g (30.08%), Net Carbohydrates: 67.65g (24.6%), Sugar: 26.54g (29.49%), Cholesterol: 153.3mg (51.1%), Sodium: 3614.25mg (157.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 18.81mg (6.27%), Protein: 49.35g (98.69%), Fiber: 22.58g (90.32%), Vitamin B1: 1.33mg (88.86%), Phosphorus: 854.85mg (85.49%), Manganese: 1.62mg (81.17%), Selenium: 56.31µg (80.45%), Vitamin B6: 1.44mg (71.86%), Copper: 1.43mg (71.46%), Iron: 12.83mg (71.3%), Vitamin A: 3413.13IU (68.26%), Potassium: 2291.56mg (65.47%), Magnesium: 239.09mg (59.77%), Vitamin E: 8.57mg (57.11%), Zinc: 8.17mg (54.48%), Vitamin B2: 0.9mg (53.06%), Vitamin B3: 10.52mg (52.58%), Calcium: 513.88mg (51.39%), Vitamin K: 48.91µg (46.58%), Vitamin C: 37.32mg (45.24%), Folate: 146.16µg (36.54%), Vitamin B12: 1.77µg (29.43%), Vitamin B5: 2.26mg (22.65%), Vitamin D: 0.18µg (1.2%)