



Healthy Slow Cooker Chili

 Gluten Free  Dairy Free

READY IN



290 min.

SERVINGS



6

CALORIES



217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup black beans canned
- 2 cups tomato sauce organic low-sodium canned
- 0.8 cup celery chopped
- 8 ounces chicken breasts boneless cage-free cubed
- 2 tablespoons chili powder
- 0.3 cup cilantro leaves fresh chopped
- 0.8 cup regular corn fresh frozen canned (, or)
- 2 cloves garlic chopped

- 0.8 cup cannellini beans white canned
- 0.5 bell pepper green chopped
- 2 teaspoons ground cumin
- 0.5 jalapeño fresh minced
- 8 ounces pd of ground turkey lean
- 0.3 cup juice of lime
- 0.5 orange bell pepper chopped
- 0.5 bell pepper red chopped
- 1 cup no-sodium stewed tomatoes canned
- 4 cups vegetable broth
- 0.5 bell pepper yellow chopped
- 0.5 cup onion yellow chopped

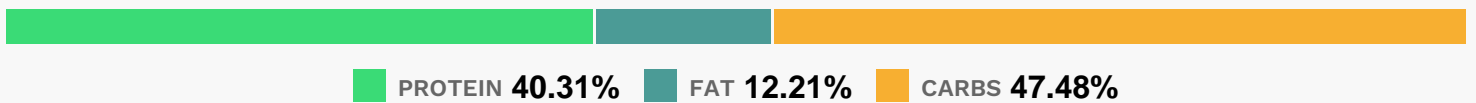
Equipment

- sauce pan
- slow cooker

Directions

- Watch how to make this recipe.
- Place the chicken and turkey in a large saucepan over medium heat and cook until slightly browned.
- Add to a 4-quart slow cooker along with the beans, broth, tomato sauce, stewed tomatoes, lime juice, celery, corn, bell peppers, jalapeno, onions, cilantro, garlic, chili powder and cumin. You can cook on high for a faster chili that will be ready in 3 hours. Or you cook on low for 6 hours. Set the dial, enjoy your day and come home to a healthy meal.

Nutrition Facts



Properties

Glycemic Index:53.67, Glycemic Load:3.03, Inflammation Score:-9, Nutrition Score:24.406956600106%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

Nutrients (% of daily need)

Calories: 216.61kcal (10.83%), Fat: 3.13g (4.81%), Saturated Fat: 0.66g (4.12%), Carbohydrates: 27.39g (9.13%), Net Carbohydrates: 20.13g (7.32%), Sugar: 9.12g (10.13%), Cholesterol: 44.98mg (14.99%), Sodium: 1314.03mg (57.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.26g (46.51%), Vitamin C: 69.53mg (84.28%), Vitamin B3: 10.1mg (50.49%), Vitamin A: 2412.47IU (48.25%), Vitamin B6: 0.95mg (47.58%), Selenium: 23.4µg (33.43%), Phosphorus: 302.9mg (30.29%), Fiber: 7.26g (29.03%), Potassium: 1002.17mg (28.63%), Manganese: 0.48mg (24.04%), Iron: 3.92mg (21.76%), Vitamin E: 3.15mg (20.98%), Folate: 79.66µg (19.91%), Magnesium: 78.54mg (19.63%), Copper: 0.35mg (17.49%), Vitamin B5: 1.59mg (15.87%), Vitamin B2: 0.26mg (15.23%), Vitamin B1: 0.22mg (14.94%), Vitamin K: 14.11µg (13.44%), Zinc: 1.82mg (12.14%), Calcium: 82.24mg (8.22%), Vitamin B12: 0.27µg (4.47%), Vitamin D: 0.19µg (1.26%)