



Slow-Cooked Chile Con Carne



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 15 ounce pinto beans rinsed drained canned
- ☐ 1 tablespoon chili powder
- ☐ 2 garlic cloves minced
- ☐ 2 teaspoons ground cumin
- ☐ 14 ounce less-sodium beef broth fat-free canned
- ☐ 1.5 cups onion chopped (1 medium)
- ☐ 1 teaspoon oregano dried

- ☐ 2.5 cups plum tomatoes diced (6)
- ☐ 0.3 teaspoon salt
- ☐ 1 pound sirloin cut into 1-inch cubes

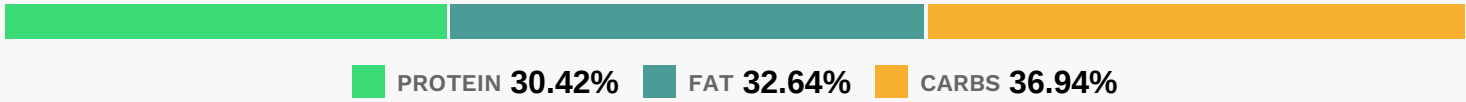
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat a large nonstick skillet over medium–high heat. Coat pan with cooking spray.
- ☐ Add onion, garlic, and beef to pan; cook 5 minutes or until beef is browned, stirring occasionally.
- ☐ Combine beef mixture, tomato, and next 6 ingredients (through broth) in an electric slow cooker. Cover and cook on HIGH for 3 1/2 hours or until beef is tender. Uncover; cook 30 minutes or until slightly thickened. Stir in salt.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:7.97, Inflammation Score:-9, Nutrition Score:31.293912804645%

Flavonoids

Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 13.06mg, Quercetin: 13.06mg, Quercetin: 13.06mg, Quercetin: 13.06mg

Nutrients (% of daily need)

Calories: 505.43kcal (25.27%), Fat: 18.6g (28.62%), Saturated Fat: 7.16g (44.75%), Carbohydrates: 47.38g (15.79%), Net Carbohydrates: 31.31g (11.39%), Sugar: 7.72g (8.58%), Cholesterol: 63.5mg (21.17%), Sodium: 1126.28mg (48.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39g (78.01%), Fiber: 16.07g (64.26%), Vitamin B12: 3.15µg (52.54%), Manganese: 0.96mg (48.21%), Potassium: 1676.97mg (47.91%), Phosphorus: 476.85mg (47.68%),

Iron: 7.61mg (42.26%), Vitamin B6: 0.83mg (41.42%), Vitamin A: 1851.53IU (37.03%), Zinc: 5.41mg (36.05%), Vitamin C: 28.88mg (35.01%), Folate: 132.64µg (33.16%), Vitamin B3: 6.32mg (31.6%), Magnesium: 125.61mg (31.4%), Copper: 0.61mg (30.65%), Selenium: 21.09µg (30.13%), Vitamin B1: 0.41mg (27.67%), Vitamin B2: 0.42mg (24.67%), Vitamin K: 19.46µg (18.53%), Vitamin E: 2.31mg (15.37%), Calcium: 149.27mg (14.93%), Vitamin B5: 0.93mg (9.28%)