

Slow-Cooked Chili

 **Gluten Free**  **Dairy Free**

READY IN



495 min.

SERVINGS



10

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 29 ounce tomatoes diced undrained canned
- 32 ounce kidney beans rinsed drained canned
- 2 tablespoons chili powder
- 2 cloves garlic minced
- 2 bell peppers green divided chopped
- 2 pounds ground beef
- 1 teaspoon ground pepper black
- 1 onion chopped

- 1 bell pepper red divided chopped
- 2 teaspoons salt

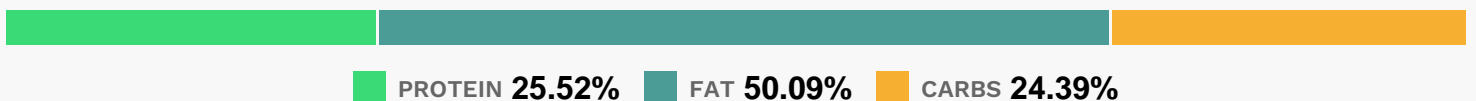
Equipment

- bowl
- frying pan
- slow cooker

Directions

- Cook and stir ground beef in a skillet over medium heat until no longer pink, about 10 minutes.
- Drain.
- Transfer ground beef to a slow cooker.
- Stir in kidney beans, diced tomatoes, onion, half the green bell peppers, half the red bell peppers, chili powder, garlic, salt, and ground black pepper until well combined.
- Place remaining green bell peppers and red bell peppers on top of mixture.
- Cover the cooker and cook on High setting until vegetables are soft and the flavors have blended, about 2 hours.
- Stir chili and cook on Low setting for 6 more hours.
- Serve in bowls; garnish each serving with 1 tablespoon of shredded Cheddar cheese.

Nutrition Facts



Properties

Glycemic Index:18.3, Glycemic Load:5.02, Inflammation Score:-8, Nutrition Score:19.529130422551%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

Nutrients (% of daily need)

Calories: 336.05kcal (16.8%), Fat: 18.9g (29.08%), Saturated Fat: 7.11g (44.44%), Carbohydrates: 20.71g (6.9%), Net Carbohydrates: 13.62g (4.95%), Sugar: 5.29g (5.88%), Cholesterol: 64.41mg (21.47%), Sodium: 903.69mg (39.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.67g (43.34%), Vitamin C: 43.75mg (53.03%), Vitamin B12: 1.94µg (32.36%), Zinc: 4.63mg (30.86%), Vitamin B6: 0.6mg (29.98%), Fiber: 7.09g (28.37%), Phosphorus: 272.2mg (27.22%), Vitamin B3: 5.3mg (26.52%), Iron: 4.16mg (23.09%), Manganese: 0.46mg (22.84%), Selenium: 15.18µg (21.68%), Potassium: 754.55mg (21.56%), Vitamin A: 1032.61IU (20.65%), Vitamin B2: 0.28mg (16.24%), Magnesium: 59.48mg (14.87%), Copper: 0.29mg (14.41%), Vitamin B1: 0.2mg (13.51%), Vitamin E: 1.84mg (12.27%), Folate: 46.96µg (11.74%), Vitamin K: 12.15µg (11.57%), Calcium: 81.41mg (8.14%), Vitamin B5: 0.77mg (7.66%)