



Slow Cooker 3-Bean Chili



Gluten Free



Dairy Free

READY IN



260 min.

SERVINGS



10

CALORIES



215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans rinsed drained reduced-sodium canned
- ☐ 4.5 ounce chiles green chopped canned
- ☐ 15.5 ounce kidney beans rinsed drained canned
- ☐ 15.5 ounce pinto beans rinsed drained canned
- ☐ 16 ounce tomato sauce canned
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 2 tablespoons chili powder
- ☐ 1 tablespoon garlic minced

- ☐ 1 pinch ground cumin
- ☐ 20 ounce 3%-lean ground turkey
- ☐ 1 small onion chopped
- ☐ 1 teaspoon oregano

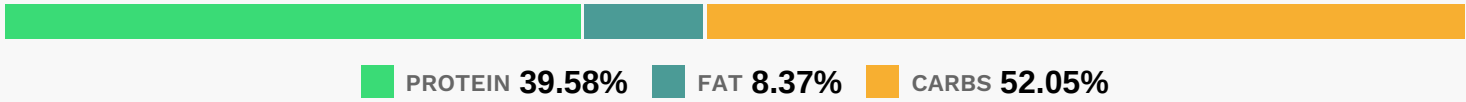
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Cook and stir turkey in a large skillet until completely browned, 7 to 10 minutes; transfer to slow cooker.
- ☐ Stir tomatoes, tomato sauce, pinto beans, kidney beans, black beans, onion, green chilies, chili powder, garlic, oregano, and cumin with the turkey in the slow cooker.
- ☐ Cook on High for 4 hours or on Low for 7 hours.

Nutrition Facts



Properties

Glycemic Index:20.9, Glycemic Load:5.27, Inflammation Score:-8, Nutrition Score:16.782608768214%

Flavonoids

Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 214.72kcal (10.74%), Fat: 2.05g (3.16%), Saturated Fat: 0.46g (2.87%), Carbohydrates: 28.74g (9.58%), Net Carbohydrates: 19.17g (6.97%), Sugar: 5.14g (5.71%), Cholesterol: 31.18mg (10.39%), Sodium: 837.08mg (36.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.85g (43.71%), Fiber: 9.57g (38.29%), Vitamin B6: 0.69mg (34.53%), Vitamin B3: 6.84mg (34.21%), Phosphorus: 283.69mg (28.37%), Manganese: 0.48mg (23.93%), Iron: 3.86mg (21.44%), Potassium: 730.22mg (20.86%), Selenium: 14.36µg (20.52%), Vitamin A: 1024.01IU (20.48%), Magnesium: 70.18mg (17.55%), Folate: 65.69µg (16.42%), Copper: 0.32mg (16.25%), Vitamin C: 11.56mg (14.01%),

Zinc: 1.95mg (13.02%), Vitamin B1: 0.19mg (12.37%), Vitamin B2: 0.2mg (11.72%), Vitamin E: 1.6mg (10.68%), Calcium: 96.36mg (9.64%), Vitamin B5: 0.87mg (8.74%), Vitamin K: 6.97µg (6.64%), Vitamin B12: 0.29µg (4.82%), Vitamin D: 0.23µg (1.51%)