



Slow-Cooker Beefy Salsa Chili

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

READY IN



520 min.

SERVINGS



6

CALORIES



872 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound round steak boneless
- 1 cup onion chopped
- 2 cloves garlic finely chopped
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 32 ounces bacon
- 14.5 ounces tomatoes diced undrained canned
- 1 cup bell pepper coarsely chopped

15 ounces navy beans drained canned

Equipment

slow cooker

Directions

- Trim excess fat from beef.
- Cut beef into 1/2-inch pieces.
- Mix all ingredients except bell pepper and beans in 3 1/2- to 4-quart slow cooker.
- Cover and cook on low heat setting 7 to 8 hours or until beef and vegetables are tender.
- Stir in bell pepper and beans. Uncover and cook on high heat setting about 30 minutes or until bell pepper is crisp-tender.

Nutrition Facts

PROTEIN 20.02% **FAT 66.9%** **CARBS 13.08%**

Properties

Glycemic Index:22.23, Glycemic Load:5.31, Inflammation Score:-9, Nutrition Score:32.034347596376%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg

Nutrients (% of daily need)

Calories: 872.08kcal (43.6%), Fat: 64.6g (99.38%), Saturated Fat: 21.49g (134.33%), Carbohydrates: 28.42g (9.47%), Net Carbohydrates: 18.76g (6.82%), Sugar: 4.19g (4.65%), Cholesterol: 147.42mg (49.14%), Sodium: 1167.21mg (50.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.5g (87.01%), Selenium: 54.74µg (78.2%), Vitamin B3: 12.71mg (63.56%), Vitamin B6: 1.23mg (61.35%), Phosphorus: 523.68mg (52.37%), Vitamin C: 41.14mg (49.87%), Vitamin B1: 0.72mg (48.21%), Zinc: 6.06mg (40.41%), Fiber: 9.66g (38.63%), Vitamin B12: 2.18µg (36.41%), Folate: 131.49µg (32.87%), Potassium: 1103.24mg (31.52%), Iron: 5.41mg (30.07%), Manganese: 0.58mg (28.86%), Vitamin A: 1318.06IU (26.36%), Magnesium: 92.47mg (23.12%), Vitamin B2: 0.37mg (22.02%), Copper: 0.37mg (18.63%), Vitamin B5: 1.75mg (17.48%), Vitamin E: 2.28mg (15.19%), Calcium: 113.11mg (11.31%), Vitamin K: 6.11µg (5.81%), Vitamin

D: 0.68μg (4.54%)