



 **64%**  
HEALTH SCORE

## Slow-Cooker Beefy Salsa Chili

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**520 min.**

SERVINGS



**6**

CALORIES



**285 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

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

32 ounces salsa

## 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 35.83%**  **FAT 14.77%**  **CARBS 49.4%**

## Properties

Glycemic Index:22.23, Glycemic Load:5.31, Inflammation Score:-9, Nutrition Score:28.22434769506%

## 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: 285.43kcal (14.27%), Fat: 4.87g (7.5%), Saturated Fat: 1.42g (8.88%), Carbohydrates: 36.67g (12.22%), Net Carbohydrates: 24.29g (8.83%), Sugar: 9.95g (11.05%), Cholesterol: 47.63mg (15.88%), Sodium: 1158.13mg (50.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.6g (53.2%), Vitamin B6: 1.09mg (54.55%), Vitamin C: 44.01mg (53.35%), Fiber: 12.38g (49.51%), Vitamin B3: 8.32mg (41.62%), Vitamin A: 1987.86IU (39.76%), Selenium: 25.71µg (36.73%), Manganese: 0.73mg (36.58%), Phosphorus: 354.33mg (35.43%), Folate: 137.54µg (34.38%), Potassium: 1193.96mg (34.11%), Zinc: 4.58mg (30.53%), Iron: 5.43mg (30.15%), Magnesium: 97mg (24.25%), Vitamin B1: 0.36mg (23.92%), Vitamin B12: 1.43µg (23.81%), Vitamin E: 3.47mg (23.16%), Copper: 0.41mg (20.37%), Vitamin B2: 0.3mg (17.66%), Calcium: 147.88mg (14.79%), Vitamin B5: 1.21mg (12.14%), Vitamin K: 12.46µg (11.86%)