



## Slow-Cooker Chili

 Gluten Free  Dairy Free

READY IN



490 min.

SERVINGS



4

CALORIES



875 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 pounds beef chuck cut into 1 1/2-inch pieces
- 30 ounce pinto beans canned (do not drain)
- 1 tablespoon chili powder
- 0.5 cup hot-brewed coffee brewed
- 4 cups rice white cooked
- 4 servings kosher salt and pepper freshly ground
- 0.3 cup tomato paste
- 0.5 cup tortilla chips crushed

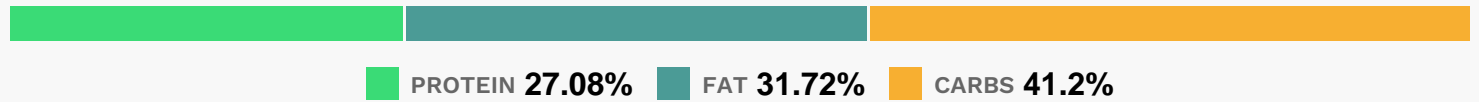
# Equipment

- bowl
- slow cooker

# Directions

- Mix the tomato paste and coffee in a small bowl; set aside. Toss the meat with the chili powder, 1 1/2 teaspoons salt and 1/4 teaspoon pepper in a 6-quart slow cooker. Stir in the beans (with their liquid), the coffee mixture and the tortilla chips.
- Cover the slow cooker and cook on low until the beef is tender, 8 hours. Season with salt.
- Serve the chili with the rice; top with cheese, scallions and avocado.
- Photograph by Antonis Achilleos

# Nutrition Facts



# Properties

Glycemic Index:49.75, Glycemic Load:59.04, Inflammation Score:-8, Nutrition Score:41.582174041997%

# Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg  
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.01mg, Myricetin:  
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:  
0.01mg

# Nutrients (% of daily need)

Calories: 875.2kcal (43.76%), Fat: 31.01g (47.71%), Saturated Fat: 12.28g (76.72%), Carbohydrates: 90.62g (30.21%),  
Net Carbohydrates: 78.07g (28.39%), Sugar: 4.5g (5%), Cholesterol: 156.49mg (52.16%), Sodium: 1158.81mg  
(50.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 11.85mg (3.95%), Protein: 59.56g (119.13%), Zinc:  
19.41mg (129.43%), Vitamin B12: 6.19µg (103.19%), Selenium: 60.48µg (86.4%), Manganese: 1.54mg (76.77%),  
Phosphorus: 745.02mg (74.5%), Vitamin B6: 1.28mg (63.81%), Vitamin B3: 11.92mg (59.61%), Iron: 9.22mg (51.2%),  
Fiber: 12.56g (50.22%), Potassium: 1640.86mg (46.88%), Magnesium: 155.04mg (38.76%), Copper: 0.69mg  
(34.31%), Vitamin B2: 0.46mg (27.05%), Vitamin B5: 2.58mg (25.84%), Vitamin E: 3.68mg (24.56%), Vitamin B1:  
0.33mg (22.06%), Calcium: 182.73mg (18.27%), Vitamin A: 872.63IU (17.45%), Folate: 67.42µg (16.85%), Vitamin K:  
14.88µg (14.17%), Vitamin C: 5.09mg (6.17%), Vitamin D: 0.23µg (1.51%)