



Slow-Cooker Chili

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

READY IN



390 min.

SERVINGS



8

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound fat-trimmed beef flank steak boneless cut into 1/2-inch pieces
- 1 medium bell pepper cut into 1-inch pieces (1 cup)
- 19 oz beans red rinsed drained progresso® canned
- 15 oz tomato sauce organic muir glen® canned
- 28 oz canned tomatoes diced organic undrained muir glen® canned
- 2 medium celery stalks cut into 1/2-inch pieces
- 3 teaspoons chili powder
- 0.3 teaspoon ground cinnamon

- 2 teaspoons ground cumin
- 1 cup onion chopped
- 0.3 teaspoon oregano dried

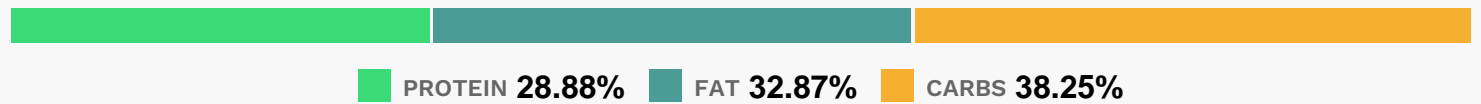
Equipment

- slow cooker

Directions

- In 3 1/2- to 4-quart slow cooker, mix all ingredients except bell pepper, beans and cheese.
- Cover; cook on Low heat setting 6 to 7 hours.
- Stir in bell pepper and beans. Increase heat setting to High; uncover and cook about 15 minutes longer or until slightly thickened.
- Serve with cheese. Note: This recipe was tested in slow cookers with heating elements in the side and bottom of the cooker, not in cookers that stand only on a heated base. For slow cookers with just a heated base, follow the manufacturer's directions for layering ingredients and choosing a temperature.

Nutrition Facts



Properties

Glycemic Index:30.13, Glycemic Load:6.89, Inflammation Score:-8, Nutrition Score:18.806956451872%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 233.3kcal (11.66%), Fat: 8.99g (13.82%), Saturated Fat: 3.72g (23.26%), Carbohydrates: 23.52g (7.84%), Net Carbohydrates: 16.23g (5.9%), Sugar: 9.06g (10.07%), Cholesterol: 34.59mg (11.53%), Sodium: 600.14mg (26.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.76g (35.52%), Vitamin C: 33.99mg (41.2%), Fiber:

7.29g (29.17%), Vitamin B6: 0.57mg (28.38%), Manganese: 0.52mg (26.07%), Vitamin B3: 5.13mg (25.67%), Zinc: 3.84mg (25.62%), Potassium: 863.42mg (24.67%), Iron: 4.21mg (23.42%), Vitamin A: 1152.6IU (23.05%), Selenium: 15.79µg (22.56%), Phosphorus: 213.9mg (21.39%), Copper: 0.41mg (20.45%), Vitamin B2: 0.29mg (17.32%), Vitamin E: 2.58mg (17.18%), Magnesium: 66.97mg (16.74%), Vitamin B12: 0.94µg (15.69%), Vitamin B1: 0.23mg (15.4%), Folate: 48.3µg (12.08%), Vitamin K: 12.69µg (12.08%), Calcium: 79.47mg (7.95%), Vitamin B5: 0.61mg (6.09%)