



Slow-Cooker Chili

 Gluten Free

READY IN



315 min.

SERVINGS



15

CALORIES



172 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 31 oz kidney beans rinsed canned
- 1 cup four cheese shredded mexican style kraft finely
- 2 Tbsp chili powder
- 1 cup regular corn frozen
- 1.5 lb ground beef lean
- 1 onion chopped
- 1.5 cups taco bellâ® & chunky mild salsa thick
- 16 oz no-salt-added tomato sauce canned

Equipment

slow cooker

Directions

- Brown meat; drain. Spoon into slow cooker sprayed with cooking spray.
- Add all remaining ingredients except cheese; mix well. Cover with lid.
- Cook on LOW 5 to 6 hours (or on HIGH 3 to 4 hours).
- Stir chili.
- Serve topped with cheese.

Nutrition Facts



Properties

Glycemic Index:10.07, Glycemic Load:3.62, Inflammation Score:-6, Nutrition Score:11.843043456907%

Flavonoids

Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 171.85kcal (8.59%), Fat: 5.43g (8.35%), Saturated Fat: 2.57g (16.06%), Carbohydrates: 16.03g (5.34%), Net Carbohydrates: 11.2g (4.07%), Sugar: 3.56g (3.96%), Cholesterol: 35.66mg (11.89%), Sodium: 561.42mg (24.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.85g (31.69%), Phosphorus: 217.8mg (21.78%), Zinc: 3.2mg (21.35%), Fiber: 4.83g (19.32%), Vitamin B3: 3.69mg (18.47%), Vitamin B12: 1.1µg (18.27%), Vitamin B6: 0.36mg (17.8%), Selenium: 11.43µg (16.32%), Potassium: 535.81mg (15.31%), Manganese: 0.28mg (14.12%), Iron: 2.5mg (13.88%), Vitamin A: 648.07IU (12.96%), Vitamin B2: 0.2mg (11.48%), Magnesium: 43.87mg (10.97%), Copper: 0.19mg (9.72%), Calcium: 91.49mg (9.15%), Vitamin E: 1.36mg (9.04%), Vitamin B1: 0.12mg (7.77%), Folate: 28.94µg (7.23%), Vitamin B5: 0.6mg (5.95%), Vitamin K: 5.81µg (5.54%), Vitamin C: 4.42mg (5.36%)