



Slow-Cooker Chili Beef Stew

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

READY IN



550 min.

SERVINGS



6

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb stew meat
- 4 medium potatoes cut into 1-inch pieces
- 0.8 cup onion coarsely chopped
- 43.5 oz canned tomatoes diced with zesty mild green chilies, undrained canned
- 1.8 cups beef broth flavored (from 32-oz carton)
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 teaspoon garlic salt

0.1 teaspoon pepper

Equipment

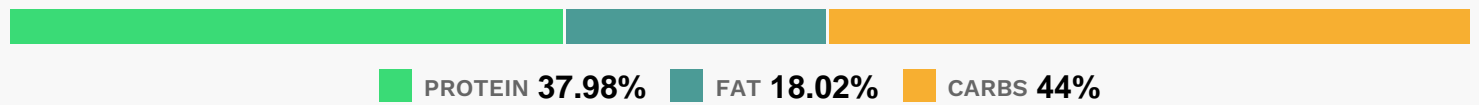
slow cooker

Directions

In 3 1/2- to 4-quart slow cooker, mix all ingredients.

Cover; cook on Low heat setting 9 to 10 hours.

Nutrition Facts



Properties

Glycemic Index:24.63, Glycemic Load:18.59, Inflammation Score:-8, Nutrition Score:27.763043528018%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.05mg, Quercetin: 5.05mg, Quercetin: 5.05mg, Quercetin: 5.05mg

Nutrients (% of daily need)

Calories: 322.3kcal (16.12%), Fat: 6.53g (10.05%), Saturated Fat: 2.13g (13.31%), Carbohydrates: 35.91g (11.97%), Net Carbohydrates: 29.85g (10.85%), Sugar: 6.96g (7.73%), Cholesterol: 70.31mg (23.44%), Sodium: 764.35mg (33.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.99g (61.98%), Vitamin B6: 1.45mg (72.47%), Vitamin C: 48.63mg (58.94%), Vitamin B3: 11.38mg (56.89%), Selenium: 32.94µg (47.06%), Potassium: 1476.47mg (42.18%), Phosphorus: 386.09mg (38.61%), Zinc: 5.54mg (36.94%), Vitamin B12: 2.15µg (35.78%), Iron: 6.28mg (34.88%), Fiber: 6.06g (24.26%), Manganese: 0.48mg (23.77%), Magnesium: 90.39mg (22.6%), Vitamin B2: 0.37mg (22.05%), Vitamin B1: 0.33mg (21.98%), Copper: 0.43mg (21.7%), Vitamin E: 2.29mg (15.25%), Folate: 59.55µg (14.89%), Vitamin A: 647.74IU (12.95%), Calcium: 122.13mg (12.21%), Vitamin B5: 1.21mg (12.08%), Vitamin K: 11.61µg (11.06%)