



Slow-Cooker Chili Mole

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

READY IN



255 min.

SERVINGS



6

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 oz canned tomatoes crushed undrained canned
- 15 oz chili beans sauce undrained canned
- 1.3 oz chili seasoning
- 1 lb ground beef 80% lean (at least)
- 0.5 cup onion chopped
- 1 oz baker's chocolate unsweetened coarsely chopped

Equipment

- frying pan

slow cooker

Directions

- In 10-inch skillet, cook beef and onion over medium heat 8 to 10 minutes, stirring occasionally, until beef is thoroughly cooked; drain.
- Spray 4- to 5-quart slow cooker with cooking spray. In cooker, mix beef mixture and remaining ingredients.
- Cover; cook on Low heat setting 4 to 6 hours. Stir well before serving.

Nutrition Facts

PROTEIN 22.17% **FAT 47.81%** **CARBS 30.02%**

Properties

Glycemic Index:13.33, Glycemic Load:3.15, Inflammation Score:-9, Nutrition Score:24.286086787348%

Flavonoids

Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 348.76kcal (17.44%), Fat: 19.45g (29.92%), Saturated Fat: 7.62g (47.61%), Carbohydrates: 27.47g (9.16%), Net Carbohydrates: 18.9g (6.87%), Sugar: 10.76g (11.96%), Cholesterol: 53.68mg (17.89%), Sodium: 744.8mg (32.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.78mg (1.26%), Protein: 20.28g (40.57%), Vitamin A: 3202.23IU (64.04%), Vitamin B6: 0.78mg (38.89%), Zinc: 5.67mg (37.79%), Iron: 6.6mg (36.69%), Fiber: 8.56g (34.25%), Copper: 0.67mg (33.34%), Potassium: 1104.02mg (31.54%), Phosphorus: 312.24mg (31.22%), Vitamin B3: 5.74mg (28.71%), Manganese: 0.56mg (27.88%), Vitamin B12: 1.62µg (27.08%), Vitamin E: 3.85mg (25.69%), Magnesium: 98.5mg (24.63%), Vitamin B2: 0.37mg (21.64%), Selenium: 13.88µg (19.82%), Vitamin C: 14.42mg (17.47%), Vitamin K: 13.91µg (13.25%), Vitamin B1: 0.19mg (12.84%), Folate: 47.67µg (11.92%), Calcium: 101.92mg (10.19%), Vitamin B5: 0.92mg (9.2%)