



WHATSheATE



Slow-Cooker Cincinnati Chili

READY IN



510 min.

SERVINGS



8

CALORIES



812 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 lb ground round
- ☐ 4 cups onion chopped
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons ground cinnamon
- ☐ 1.5 teaspoons cocoa powder unsweetened
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 cup water
- ☐ 56 oz tomato purée organic canned
- ☐ 0.3 cup brown sugar packed

- ☐ 16 oz pasta like spaghetti uncooked
- ☐ 8 oz sharp cheddar cheese shredded
- ☐ 15 oz beans red rinsed drained canned
- ☐ 1 serving oyster crackers

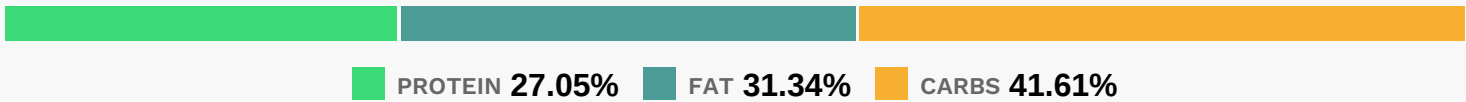
Equipment

- ☐ dutch oven
- ☐ slow cooker

Directions

- ☐ Spray 5- to 6-quart slow cooker with cooking spray. In Dutch oven, cook beef and 3 cups of the onions over medium-high heat, stirring frequently, until beef is thoroughly cooked; drain. Stir in salt, cinnamon, cocoa, cumin and water. Simmer 2 minutes. In slow cooker, mix beef mixture, tomato puree and brown sugar until blended.
- ☐ Cover; cook on Low heat setting 8 hours.
- ☐ About 15 minutes before serving, cook and drain spaghetti as directed on package. To serve, spoon chili over spaghetti; top each serving with 1/4 cup cheese, 2 tablespoons of the remaining onions, 2 tablespoons beans and the oyster crackers.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:21.5, Inflammation Score:-9, Nutrition Score:42.066956706669%

Flavonoids

Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 24.43mg, Quercetin: 24.43mg, Quercetin: 24.43mg, Quercetin: 24.43mg

Nutrients (% of daily need)

Calories: 812.42kcal (40.62%), Fat: 28.44g (43.76%), Saturated Fat: 12.68g (79.28%), Carbohydrates: 84.96g (28.32%), Net Carbohydrates: 74.78g (27.19%), Sugar: 22.28g (24.76%), Cholesterol: 138.91mg (46.3%), Sodium: 807.42mg (35.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.23g (110.47%), Selenium: 74.8µg (106.85%), Zinc: 11.22mg (74.79%), Phosphorus: 714.04mg (71.4%), Vitamin B12: 4.06µg (67.69%), Vitamin B3: 13.02mg (65.11%), Manganese: 1.26mg (62.84%), Vitamin B6: 1.12mg (56.14%), Potassium: 1841.99mg (52.63%), Iron: 9.35mg (51.93%), Copper: 0.99mg (49.7%), Fiber: 10.18g (40.7%), Vitamin B2: 0.65mg (38.29%), Magnesium: 144.67mg (36.17%), Vitamin C: 27.42mg (33.23%), Vitamin E: 4.8mg (31.98%), Calcium: 316.55mg (31.65%), Vitamin A: 1302.41IU (26.05%), Vitamin B5: 2.43mg (24.34%), Folate: 79.91µg (19.98%), Vitamin B1: 0.29mg (19.23%), Vitamin K: 11.99µg (11.42%), Vitamin D: 0.34µg (2.27%)