



Slow-Cooker Cincinnati Chili

READY IN



510 min.

SERVINGS



8

CALORIES



867 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 15 oz beans red rinsed drained canned
- ☐ 3 lb ground round
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 teaspoon ground cumin
- ☐ 4 cups onion chopped
- ☐ 8 servings oyster crackers
- ☐ 1 teaspoon salt
- ☐ 8 oz sharp cheddar cheese shredded

- ☐ 16 oz pasta like spaghetti uncooked
- ☐ 56 oz tomato purée organic canned
- ☐ 1.5 teaspoons cocoa powder unsweetened
- ☐ 0.5 cup water

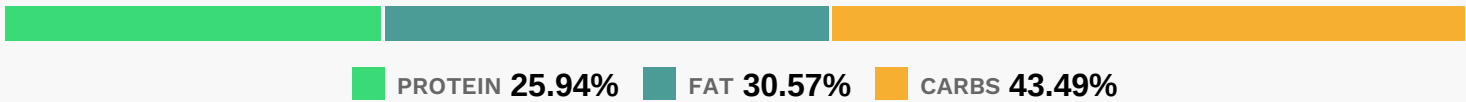
Equipment

- ☐ 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:43.786521476248%

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: 867.28kcal (43.36%), Fat: 29.58g (45.5%), Saturated Fat: 12.9g (80.63%), Carbohydrates: 94.67g (31.56%), Net Carbohydrates: 84.13g (30.59%), Sugar: 22.45g (24.94%), Cholesterol: 138.91mg (46.3%), Sodium: 930.92mg (40.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.48g (112.95%), Selenium: 76.15µg (108.79%), Zinc: 11.31mg (75.39%), Phosphorus: 727.42mg (72.74%), Vitamin B3: 13.87mg (69.33%), Manganese: 1.37mg (68.34%), Vitamin B12: 4.07µg (67.89%), Vitamin B6: 1.13mg (56.71%), Iron: 10.08mg (55.99%), Potassium: 1861.94mg (53.2%), Copper: 1.01mg (50.61%), Fiber: 10.54g (42.17%), Vitamin B2: 0.71mg (42.05%), Magnesium: 147.69mg (36.92%), Vitamin C: 27.42mg (33.23%), Vitamin E: 4.95mg (32.99%), Calcium: 319.04mg (31.9%), Vitamin A: 1302.54IU (26.05%), Vitamin B1: 0.38mg (25.37%), Vitamin B5: 2.5mg (24.97%), Folate: 97.5µg (24.37%), Vitamin K: 15.33µg (14.6%), Vitamin D: 0.34µg (2.27%)