



## Slow Cooker Delight

 Dairy Free

READY IN



270 min.

SERVINGS



6

CALORIES



582 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup barley
- 24 ounce tomato sauce canned
- 11 ounce corn canned
- 0.3 cup chives fresh
- 4 green onions chopped
- 1 pound ground beef
- 6 servings ground pepper black to taste
- 1 cup peas

4 large russet potatoes cubed

## Equipment

frying pan

slow cooker

## Directions

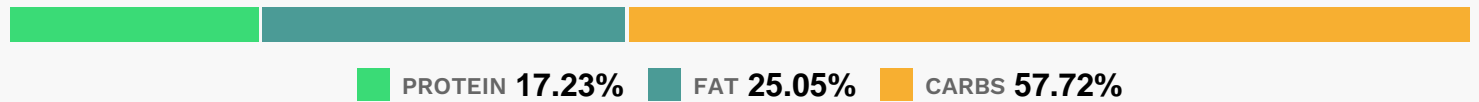
Place ground beef in a large, deep skillet. Cook over medium high heat until evenly brown.

Drain excess fat.

In a slow cooker, combine beef, potatoes, corn, peas, and barley. Stir in tomato sauce, green onions, and chives. Season with black pepper.

Cover and cook on low setting for 4 hours. Stir occasionally, and add water if necessary.

## Nutrition Facts



## Properties

Glycemic Index:53.18, Glycemic Load:44.19, Inflammation Score:-8, Nutrition Score:32.788260501364%

## Flavonoids

Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

## Nutrients (% of daily need)

Calories: 582.44kcal (29.12%), Fat: 16.71g (25.7%), Saturated Fat: 6.12g (38.23%), Carbohydrates: 86.62g (28.87%), Net Carbohydrates: 74.14g (26.96%), Sugar: 9.07g (10.08%), Cholesterol: 53.68mg (17.89%), Sodium: 742.35mg (32.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.86g (51.72%), Vitamin B6: 1.38mg (69.13%), Manganese: 1.28mg (63.86%), Potassium: 1862.3mg (53.21%), Fiber: 12.48g (49.92%), Vitamin B3: 9.34mg (46.68%), Vitamin C: 36.23mg (43.91%), Phosphorus: 423.01mg (42.3%), Zinc: 5.59mg (37.26%), Magnesium: 146.51mg (36.63%), Vitamin B1: 0.54mg (36.14%), Selenium: 25.28µg (36.11%), Iron: 6.48mg (36.01%), Vitamin K: 35.91µg (34.2%), Copper: 0.66mg (33.14%), Vitamin B12: 1.62µg (26.96%), Folate: 100.71µg (25.18%), Vitamin B2: 0.42mg (24.83%), Vitamin A: 876.41IU (17.53%), Vitamin B5: 1.69mg (16.88%), Vitamin E: 2.26mg (15.06%), Calcium: 86.92mg (8.69%)