



Slow-Cooker Family-Favorite Chili



Gluten Free



Dairy Free



Popular

READY IN



380 min.

SERVINGS



8

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 lb ground beef 80% lean (at least)
- ☐ 1 cup onion chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 28 oz canned tomatoes diced organic canned
- ☐ 16 oz chili beans sauce undrained canned
- ☐ 15 oz tomato sauce organic canned
- ☐ 2 tablespoons chili powder
- ☐ 1.5 teaspoons ground cumin

- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon pepper

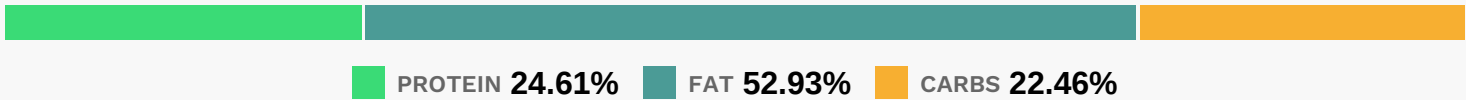
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ In 12-inch skillet, cook beef and onion over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain.
- ☐ In 4- to 5-quart slow cooker, mix beef mixture and remaining ingredients.
- ☐ Cover and cook on Low heat setting 6 to 8 hours.

Nutrition Facts



Properties

Glycemic Index:22.13, Glycemic Load:3.45, Inflammation Score:-8, Nutrition Score:22.030434722486%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 404.02kcal (20.2%), Fat: 24.08g (37.05%), Saturated Fat: 8.91g (55.69%), Carbohydrates: 22.99g (7.66%), Net Carbohydrates: 16.81g (6.11%), Sugar: 10.24g (11.38%), Cholesterol: 80.51mg (26.84%), Sodium: 1049.7mg (45.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.19g (50.37%), Zinc: 6.41mg (42.72%), Vitamin B12: 2.43µg (40.54%), Vitamin B6: 0.8mg (39.87%), Vitamin B3: 7.02mg (35.08%), Phosphorus: 327.61mg (32.76%), Iron: 5.72mg (31.76%), Potassium: 1089.52mg (31.13%), Selenium: 19.3µg (27.57%), Fiber: 6.19g (24.75%), Copper: 0.49mg (24.49%), Vitamin E: 3.37mg (22.47%), Vitamin B2: 0.37mg (21.5%), Vitamin A: 1049.21IU (20.98%), Magnesium: 79.37mg (19.84%), Vitamin C: 15.57mg (18.87%), Manganese: 0.35mg (17.55%), Vitamin B1: 0.18mg (11.79%), Folate: 44.8µg (11.2%), Vitamin K: 11.45µg (10.9%), Vitamin B5: 1.06mg (10.58%), Calcium: 95.86mg (9.59%)