



Slow-Cooker Favorite Ground Beef and Beans

 Gluten Free

READY IN



260 min.

SERVINGS



10

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 lb ground beef 80% lean (at least)
- 0.8 cup onion chopped
- 28 oz baked beans undrained canned
- 15.5 oz butter beans rinsed drained canned
- 15 oz kidney beans rinsed drained canned
- 12 oz chili sauce
- 4 oz chilis green chopped canned
- 2 tablespoons brown sugar packed

- 3 teaspoons chili powder
- 1 serving cheddar cheese shredded

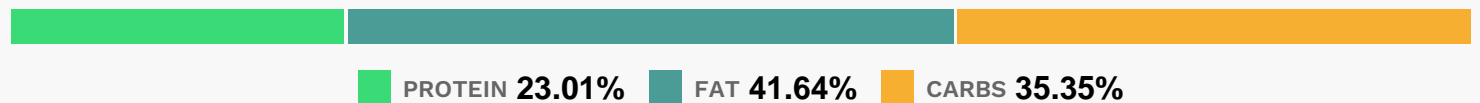
Equipment

- frying pan
- slow cooker

Directions

- In 10-inch nonstick skillet, cook ground beef and onion over medium-high heat, stirring frequently, until beef is thoroughly cooked; drain.
- In 3 1/2- to 4-quart slow cooker, mix cooked ground beef mixture and remaining ingredients except cheese.
- Cover; cook on Low heat setting 4 hours. Top individual servings with Cheddar cheese.

Nutrition Facts



Properties

Glycemic Index:18.47, Glycemic Load:8.88, Inflammation Score:-6, Nutrition Score:19.936521727106%

Flavonoids

Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 445.26kcal (22.26%), Fat: 20.85g (32.08%), Saturated Fat: 8.1g (50.62%), Carbohydrates: 39.83g (13.28%), Net Carbohydrates: 29.68g (10.79%), Sugar: 8.2g (9.11%), Cholesterol: 72.97mg (24.32%), Sodium: 1177.41mg (51.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.93g (51.86%), Fiber: 10.15g (40.6%), Zinc: 5.72mg (38.15%), Phosphorus: 344.71mg (34.47%), Vitamin B12: 1.97µg (32.89%), Selenium: 21.25µg (30.36%), Manganese: 0.61mg (30.32%), Iron: 5.01mg (27.83%), Vitamin B3: 5.22mg (26.09%), Vitamin B6: 0.52mg (25.79%), Potassium: 870.86mg (24.88%), Copper: 0.42mg (21.23%), Folate: 80.24µg (20.06%), Magnesium: 79.96mg (19.99%), Vitamin B2: 0.26mg (15.13%), Vitamin C: 12.14mg (14.72%), Vitamin B1: 0.19mg (12.66%), Calcium: 118.79mg (11.88%), Vitamin A: 453.82IU (9.08%), Vitamin E: 1.29mg (8.58%), Vitamin B5: 0.75mg (7.49%), Vitamin K: 5.9µg (5.62%)