



Slow-Cooker Favorite Ground Beef and Beans

 Gluten Free

READY IN



260 min.

SERVINGS



10

CALORIES



558 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

- 0.8 cup onion chopped
- 10 servings cheddar cheese shredded

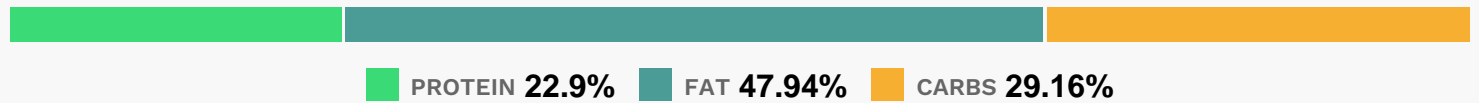
Equipment

- 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:9.06, Inflammation Score:-7, Nutrition Score:23.841739270998%

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: 558.39kcal (27.92%), Fat: 30.07g (46.26%), Saturated Fat: 13.29g (83.04%), Carbohydrates: 41.14g (13.71%), Net Carbohydrates: 30.75g (11.18%), Sugar: 8.29g (9.21%), Cholesterol: 99.97mg (33.32%), Sodium: 1410.26mg (61.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.32g (64.64%), Phosphorus: 469.93mg (46.99%), Zinc: 6.73mg (44.84%), Fiber: 10.39g (41.57%), Selenium: 28.94µg (41.34%), Vitamin B12: 2.26µg (37.66%), Calcium: 314.78mg (31.48%), Manganese: 0.61mg (30.45%), Iron: 5.24mg (29.12%), Vitamin B6: 0.55mg (27.58%), Vitamin B3: 5.32mg (26.6%), Potassium: 907.67mg (25.93%), Folate: 93.57µg (23.39%), Vitamin B2: 0.38mg (22.38%), Magnesium: 87.82mg (21.95%), Copper: 0.43mg (21.68%), Vitamin C: 16.99mg (20.59%), Vitamin A: 742.22IU (14.84%), Vitamin B1: 0.2mg (13.28%), Vitamin E: 1.49mg (9.93%), Vitamin B5: 0.87mg (8.72%), Vitamin K: 6.55µg (6.24%), Vitamin D: 0.27µg (1.8%)