



Slow Cooker Ground Beef



Gluten Free



Dairy Free

READY IN



130 min.

SERVINGS



12

CALORIES



244 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon celery seed
- ☐ 2 pounds ground beef
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1.5 cups catsup
- ☐ 0.3 cup splenda® no calorie sweetener
- ☐ 0.5 cup onion chopped
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup vinegar white

- ☐ 0.8 teaspoon worcestershire sauce
- ☐ 0.3 cup mustard yellow prepared

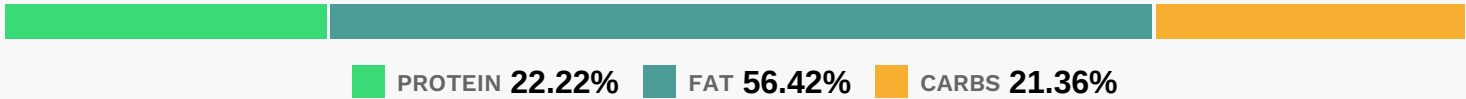
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Place the ground beef and onion in a large skillet over medium-high heat. Cook, stirring to crumble, until beef is browned.
- ☐ Drain.
- ☐ Transfer the beef and onion to a slow cooker and stir in the ketchup, SLENDA® Granulated Sweetener, vinegar and mustard. Season with celery seed, Worcestershire sauce, pepper and salt.
- ☐ Cover and simmer on Low setting for a few hours before serving.

Nutrition Facts



Properties

Glycemic Index:15.92, Glycemic Load:2.07, Inflammation Score:-2, Nutrition Score:8.0286955781605%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 243.93kcal (12.2%), Fat: 15.36g (23.62%), Saturated Fat: 5.82g (36.4%), Carbohydrates: 13.08g (4.36%), Net Carbohydrates: 12.62g (4.59%), Sugar: 10.13g (11.26%), Cholesterol: 53.68mg (17.89%), Sodium: 530.55mg (23.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.61g (27.22%), Vitamin B12: 1.62µg (26.96%), Zinc: 3.26mg (21.76%), Selenium: 13.39µg (19.13%), Vitamin B3: 3.67mg (18.34%), Vitamin B6: 0.3mg (15.21%), Phosphorus: 135.81mg (13.58%), Vitamin B2: 0.17mg (9.87%), Iron: 1.74mg (9.65%), Potassium: 311.51mg (8.9%), Magnesium:

20.52mg (5.13%), Vitamin E: 0.77mg (5.13%), Manganese: 0.09mg (4.39%), Vitamin B5: 0.42mg (4.19%), Copper: 0.08mg (4.07%), Vitamin B1: 0.05mg (3.29%), Vitamin A: 158.51IU (3.17%), Calcium: 25.56mg (2.56%), Folate: 9.67µg (2.42%), Vitamin K: 2.51µg (2.39%), Vitamin C: 1.81mg (2.19%), Fiber: 0.46g (1.83%)