



Slow-Cooker Hearty Beef Chili

 Gluten Free

READY IN



370 min.

SERVINGS



8

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup cheese shredded kraft
- 2 tablespoons chili powder
- 1.5 pounds ground beef
- 1 cup corn frozen thawed drained
- 38 ounce beans mixed rinsed canned
- 1 onion chopped
- 2 cups salsa
- 14 ounce tomato sauce canned

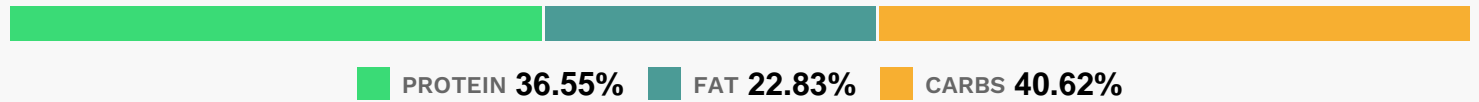
Equipment

slow cooker

Directions

- Brown meat; drain.
- Add to slow cooker with remaining ingredients except cheese; stir. Cover with lid.
- Cook on LOW 5 to 6 hours (or on HIGH 3 to 4 hours).
- Stir just before serving.
- Serve topped with the cheese.

Nutrition Facts



Properties

Glycemic Index:18.88, Glycemic Load:7.89, Inflammation Score:-8, Nutrition Score:23.369999986628%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 329.7kcal (16.49%), Fat: 8.6g (13.23%), Saturated Fat: 3.97g (24.79%), Carbohydrates: 34.42g (11.47%), Net Carbohydrates: 23.86g (8.68%), Sugar: 7.6g (8.45%), Cholesterol: 63.79mg (21.26%), Sodium: 1184.58mg (51.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.97g (61.94%), Phosphorus: 422.82mg (42.28%), Fiber: 10.56g (42.23%), Zinc: 6.07mg (40.44%), Vitamin B12: 2.22µg (37.07%), Vitamin B3: 7.17mg (35.83%), Vitamin B6: 0.7mg (35.23%), Potassium: 1089.78mg (31.14%), Manganese: 0.62mg (30.77%), Selenium: 20.18µg (28.83%), Iron: 5.03mg (27.96%), Vitamin A: 1215.56IU (24.31%), Magnesium: 90.06mg (22.51%), Vitamin B2: 0.36mg (21.2%), Copper: 0.4mg (20.01%), Vitamin E: 2.56mg (17.1%), Vitamin B1: 0.25mg (16.6%), Calcium: 153.14mg (15.31%), Folate: 58.73µg (14.68%), Vitamin K: 12.39µg (11.8%), Vitamin B5: 1.12mg (11.21%), Vitamin C: 8.3mg (10.06%)