



Slow-Cooker Hearty Beef Chili

 Dairy Free

READY IN



550 min.

SERVINGS



10

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

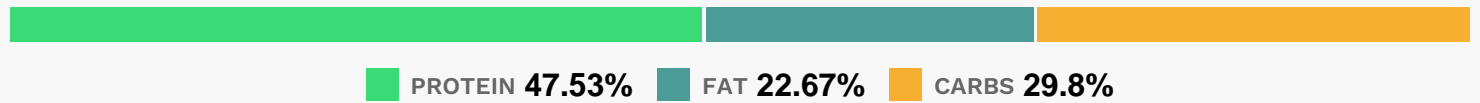
- 2 pounds stew meat
- 15.5 ounces kidney beans rinsed drained canned
- 15 ounces tomato sauce canned
- 14.5 ounces tomatoes diced undrained canned
- 5 teaspoons chili powder
- 20 ounces canned tomatoes diced green undrained canned
- 1 teaspoon ground cumin
- 1 ounce onion soup mix (from 2-ounce package)

Equipment

Directions

- Place all ingredients in order listed in 3 1/2- to 4-quart slowcooker.
- Cover and cook on low heat setting 8 to 9 hours.
- Stir gently to mix before serving.

Nutrition Facts



Properties

Glycemic Index:10.2, Glycemic Load:2.91, Inflammation Score:-6, Nutrition Score:17.796956373298%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 201.31kcal (10.07%), Fat: 5.11g (7.86%), Saturated Fat: 1.64g (10.24%), Carbohydrates: 15.12g (5.04%), Net Carbohydrates: 10.62g (3.86%), Sugar: 4.86g (5.4%), Cholesterol: 56.25mg (18.75%), Sodium: 673.72mg (29.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.11g (48.21%), Vitamin B6: 0.82mg (40.8%), Vitamin B3: 7.63mg (38.16%), Selenium: 26.32µg (37.6%), Zinc: 4.36mg (29.07%), Phosphorus: 281.67mg (28.17%), Vitamin B12: 1.68µg (27.97%), Iron: 4.12mg (22.87%), Potassium: 777.29mg (22.21%), Fiber: 4.5g (18%), Vitamin B2: 0.27mg (16.11%), Vitamin C: 12.54mg (15.2%), Manganese: 0.3mg (15.2%), Copper: 0.29mg (14.58%), Magnesium: 56.02mg (14%), Vitamin B1: 0.2mg (13.12%), Vitamin E: 1.95mg (13%), Vitamin A: 598.03IU (11.96%), Folate: 35.17µg (8.79%), Vitamin K: 8.02µg (7.64%), Calcium: 75.47mg (7.55%), Vitamin B5: 0.73mg (7.33%)