



Slow-Cooker Mole Chili

 **Gluten Free**  **Dairy Free**

READY IN



510 min.

SERVINGS



6

CALORIES



497 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb ground beef 80% lean (at least)
- 1 cup onion chopped
- 6 cloves garlic finely chopped
- 28 oz canned tomatoes diced whole undrained coarsely chopped canned ()
- 16 oz salsa thick
- 30 oz pinto beans undrained canned
- 2 tablespoons cocoa powder unsweetened
- 1 tablespoon chili powder

- 2 teaspoons paprika smoked
- 2 teaspoons ground cumin
- 1 teaspoons chipotle chili powder
- 0.5 teaspoon salt
- 0.1 teaspoon ground cinnamon
- 0.5 cup cilantro leaves fresh chopped

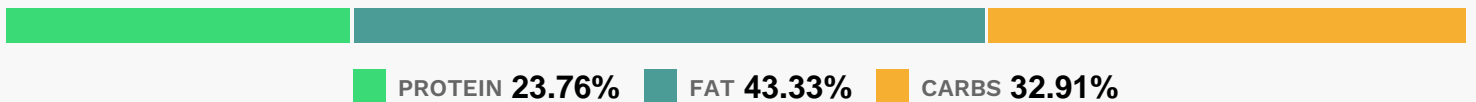
Equipment

- frying pan
- slow cooker

Directions

- In 12-inch skillet, cook beef, onion and garlic over medium-high heat 5 to 7 minutes, stirring frequently, until beef is thoroughly cooked; drain.
- In 4- to 5-quart slow cooker, mix beef mixture and remaining ingredients except cilantro.
- Cover; cook on Low heat setting 7 to 8 hours. Top individual servings with cilantro.

Nutrition Facts



Properties

Glycemic Index:32.83, Glycemic Load:10.32, Inflammation Score:-9, Nutrition Score:29.616086949473%

Flavonoids

Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg

Nutrients (% of daily need)

Calories: 496.95kcal (24.85%), Fat: 24.74g (38.06%), Saturated Fat: 9.15g (57.19%), Carbohydrates: 42.27g (14.09%), Net Carbohydrates: 29.8g (10.84%), Sugar: 11.55g (12.84%), Cholesterol: 80.51mg (26.84%), Sodium: 1351.66mg (58.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.83mg (1.28%), Protein: 30.53g (61.05%), Manganese: 1.01mg (50.64%), Fiber: 12.47g (49.88%), Vitamin B6: 0.93mg (46.4%), Zinc: 6.38mg (42.51%), Iron: 7.56mg (42%), Phosphorus: 411.75mg (41.17%), Potassium: 1423.16mg (40.66%), Vitamin B12: 2.43µg (40.45%), Vitamin B3: 8.03mg (40.16%), Copper: 0.7mg (35.15%), Vitamin E: 4.74mg (31.63%), Vitamin A: 1569.21IU (31.38%), Magnesium: 122.07mg (30.52%), Selenium: 19.71µg (28.16%), Vitamin C: 17.94mg (21.75%), Vitamin K: 21.88µg (20.84%), Vitamin B2: 0.33mg (19.19%), Vitamin B1: 0.28mg (18.61%), Calcium: 181.54mg (18.15%), Folate: 69.56µg (17.39%), Vitamin B5: 1.38mg (13.77%)