



Slow-Cooker Salsa Chili

 Gluten Free

READY IN



500 min.

SERVINGS



6

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground beef 80% lean (at least)
- 0.5 cup onion chopped
- 2 cups salsa thick
- 15 oz tomato sauce canned
- 4 oz chilis green chopped canned
- 2 teaspoons chili powder
- 15 oz pinto beans rinsed drained canned
- 1 serving cheddar cheese shredded

1 serving spring onion sliced

Equipment

frying pan

slow cooker

Directions

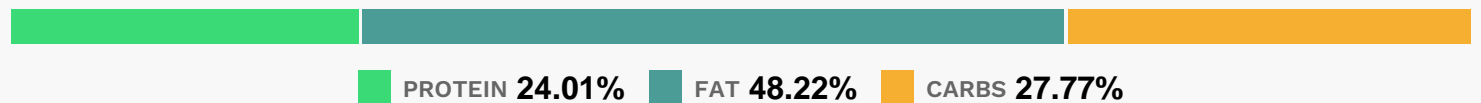
In 10-inch skillet, cook beef and onion over medium heat 8 to 10 minutes, stirring occasionally, until beef is thoroughly cooked; drain.

In 3- to 4-quart slow cooker, mix beef mixture and remaining ingredients except beans.

Cover; cook on Low heat setting 8 to 10 hours.

Stir in beans. Cover; cook on Low heat setting about 5 minutes longer or until beans are hot. Top with cheese and onions.

Nutrition Facts



Properties

Glycemic Index:29.33, Glycemic Load:4.91, Inflammation Score:-7, Nutrition Score:17.900869584602%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 324.18kcal (16.21%), Fat: 17.76g (27.32%), Saturated Fat: 6.92g (43.24%), Carbohydrates: 23g (7.67%), Net Carbohydrates: 16.32g (5.93%), Sugar: 7.2g (8%), Cholesterol: 58.68mg (19.56%), Sodium: 1264.43mg (54.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.89g (39.79%), Vitamin B6: 0.58mg (28.77%), Vitamin B12: 1.67µg (27.85%), Zinc: 4.14mg (27.61%), Fiber: 6.69g (26.76%), Vitamin B3: 5.28mg (26.39%), Phosphorus: 262.73mg (26.27%), Potassium: 894.26mg (25.55%), Iron: 3.97mg (22.06%), Manganese: 0.44mg (21.87%), Vitamin E: 3.09mg (20.61%), Selenium: 14.23µg (20.32%), Vitamin A: 1004.7IU (20.09%), Vitamin C: 14.75mg (17.88%), Magnesium: 64.5mg (16.13%), Copper: 0.31mg (15.66%), Vitamin B2: 0.24mg (13.85%), Calcium: 129.25mg (12.92%), Folate: 46.76µg (11.69%), Vitamin K: 11.42µg (10.88%), Vitamin B5: 0.93mg (9.3%), Vitamin B1: 0.13mg (8.56%)