



Slow-Cooker Salsa Chili

 Gluten Free

READY IN



500 min.

SERVINGS



6

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz pinto beans rinsed drained canned
- 15 oz tomato sauce canned
- 4.5 oz chilis green chopped canned
- 2 teaspoons chili powder
- 6 servings spring onion sliced
- 1 lb ground beef 80% lean (at least)
- 0.5 cup onion chopped
- 2 cups salsa thick

6 servings cheddar cheese shredded

Equipment

frying pan

slow cooker

Directions

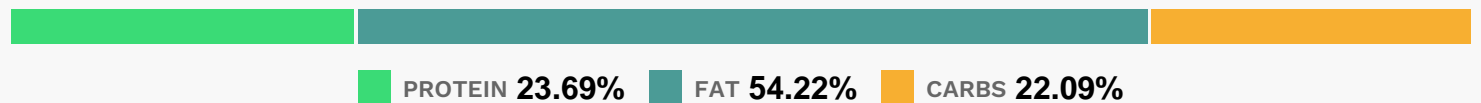
In 10-inch skillet, cook beef and onion over medium heat 8 to 10 minutes, stirring occasionally, until beef is thoroughly cooked; drain.

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:5.15, Inflammation Score:-8, Nutrition Score:21.798695574636%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

Nutrients (% of daily need)

Calories: 428.28kcal (21.41%), Fat: 26.27g (40.42%), Saturated Fat: 11.72g (73.25%), Carbohydrates: 24.09g (8.03%), Net Carbohydrates: 17.23g (6.27%), Sugar: 7.4g (8.22%), Cholesterol: 83.68mg (27.89%), Sodium: 1438.11mg (62.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.83g (51.66%), Phosphorus: 379.34mg (37.93%), Zinc: 5.08mg (33.87%), Vitamin B12: 1.94µg (32.26%), Calcium: 310.45mg (31.04%), Selenium: 21.34µg (30.48%), Vitamin B6: 0.6mg (29.92%), Fiber: 6.86g (27.44%), Vitamin B3: 5.33mg (26.66%), Potassium: 929.98mg (26.57%), Vitamin A: 1308.03IU (26.16%), Iron: 4.12mg (22.87%), Manganese: 0.45mg (22.39%), Vitamin E: 3.31mg (22.05%), Vitamin K: 22.37µg (21.31%), Vitamin B2: 0.35mg (20.61%), Vitamin C: 16.49mg (19.99%), Magnesium: 72.35mg (18.09%), Copper: 0.33mg (16.28%), Folate: 56.49µg (14.12%), Vitamin B5: 1.04mg (10.39%), Vitamin B1: 0.14mg (9.24%), Vitamin D: 0.26µg (1.7%)