



Slow-Cooker Spicy Chili

 Gluten Free

READY IN



440 min.

SERVINGS



6

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground beef 80% lean (at least)
- 0.5 lb sausage meat italian
- 0.5 cup onion chopped
- 28 oz canned tomatoes whole undrained canned
- 15 oz tomato sauce canned
- 2 teaspoons chili powder
- 1 teaspoons ground cumin
- 1 teaspoon sugar

- 1 teaspoon oregano dried
- 15 oz chili beans sauce undrained canned
- 15 oz garbanzo beans rinsed drained canned (garbanzo beans)
- 1 serving cream sour
- 1 serving spring onion sliced

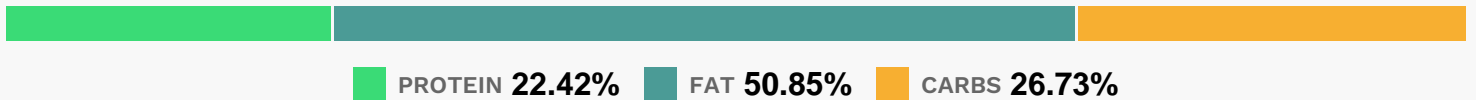
Equipment

- frying pan
- slow cooker

Directions

- In 10-inch skillet, cook beef, sausage and onion over medium-high heat 5 to 7 minutes, stirring occasionally, until beef and sausage are thoroughly cooked; drain.
- Spray 3- to 4-quart slow cooker with cooking spray. In cooker, mix beef mixture and remaining ingredients except sour cream and green onions.
- Cover; cook on Low heat setting 7 to 8 hours. Top individual servings with sour cream and green onions.

Nutrition Facts



Properties

Glycemic Index:42.07, Glycemic Load:4.58, Inflammation Score:-8, Nutrition Score:25.466086812641%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

Nutrients (% of daily need)

Calories: 493.74kcal (24.69%), Fat: 28.21g (43.4%), Saturated Fat: 9.66g (60.38%), Carbohydrates: 33.38g (11.13%), Net Carbohydrates: 24.24g (8.81%), Sugar: 10.78g (11.98%), Cholesterol: 82.07mg (27.36%), Sodium: 1539.94mg (66.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.99g (55.98%), Vitamin B6: 1.14mg (56.95%), Zinc: 6.31mg (42.1%), Manganese: 0.82mg (41.25%), Phosphorus: 390.51mg (39.05%), Fiber: 9.14g (36.57%), Iron: 6.54mg (36.35%), Vitamin B3: 7.1mg (35.48%), Potassium: 1225.96mg (35.03%), Vitamin B12: 1.95µg (32.51%), Copper: 0.55mg (27.45%), Magnesium: 99.2mg (24.8%), Vitamin C: 20.04mg (24.29%), Vitamin B2: 0.41mg (24.16%), Selenium: 14.56µg (20.79%), Vitamin E: 2.79mg (18.62%), Vitamin B1: 0.28mg (18.36%), Folate: 63.08µg (15.77%), Vitamin A: 739.42IU (14.79%), Calcium: 131.16mg (13.12%), Vitamin B5: 1.25mg (12.53%), Vitamin K: 12.56µg (11.97%), Vitamin D: 0.57µg (3.78%)