



## Slow-Cooker Spicy Southwest Beef and Bean Chili

 Gluten Free  Dairy Free

READY IN



555 min.

SERVINGS



6

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 lb round steak boneless cut into 3/4-inch pieces (1/)
- 0.5 cup onion chopped
- 32 oz tomato sauce canned
- 15.3 oz corn sweet whole drained canned
- 15 oz black beans rinsed drained canned
- 4 oz chilis green chopped canned
- 2 tablespoons chili powder

# Equipment

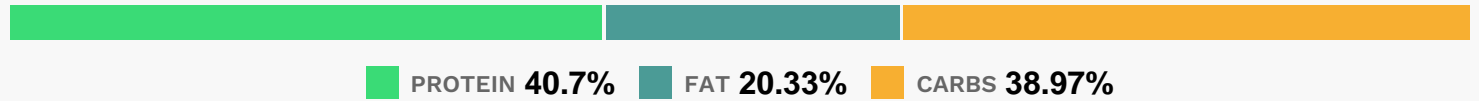
slow cooker

# Directions

In 4 to 5-quart slow cooker, combine all ingredients; mix well.

Cover; cook on Low setting for 8 to 9 hours.

# Nutrition Facts



# Properties

Glycemic Index:12, Glycemic Load:2.87, Inflammation Score:-9, Nutrition Score:27.134347863819%

# Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

# Nutrients (% of daily need)

Calories: 329.68kcal (16.48%), Fat: 7.56g (11.62%), Saturated Fat: 2.21g (13.79%), Carbohydrates: 32.59g (10.86%), Net Carbohydrates: 23.95g (8.71%), Sugar: 6.14g (6.82%), Cholesterol: 71.44mg (23.81%), Sodium: 1290.22mg (56.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.03g (68.06%), Vitamin B3: 10.77mg (53.84%), Vitamin B6: 1.04mg (51.85%), Selenium: 34.93µg (49.9%), Phosphorus: 412.6mg (41.26%), Zinc: 5.94mg (39.57%), Vitamin B12: 2.14µg (35.72%), Potassium: 1242.92mg (35.51%), Fiber: 8.63g (34.54%), Iron: 6.1mg (33.9%), Vitamin A: 1472.27IU (29.45%), Folate: 105.96µg (26.49%), Vitamin C: 21.19mg (25.69%), Vitamin B2: 0.41mg (24.31%), Copper: 0.48mg (23.93%), Vitamin E: 3.54mg (23.58%), Magnesium: 89.82mg (22.46%), Manganese: 0.45mg (22.28%), Vitamin B1: 0.27mg (17.92%), Vitamin B5: 1.42mg (14.19%), Calcium: 88.76mg (8.88%), Vitamin K: 8.47µg (8.06%)