



 **74%**
HEALTH SCORE

Slow-Cooker Steak and Black Bean Chili

 Dairy Free  Very Healthy

READY IN



490 min.

SERVINGS



6

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 lb top round
- 1 oz onion soup mix (from 2-oz package)
- 30 oz black beans rinsed drained canned
- 28 oz tomatoes diced undrained canned
- 8 oz tomato sauce canned
- 4 oz chilis green undrained chopped canned
- 3 teaspoons chili powder
- 1 teaspoon ground cumin

Equipment

slow cooker

Directions

Trim fat from beef.

Cut beef into 3/4-inch cubes. In 3 1/2- to 4-quart slow cooker, mix beef and soup mix (dry). Stir in remaining ingredients.

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

Nutrition Facts



PROTEIN 48.24% **FAT 14.43%** **CARBS 37.33%**

Properties

Glycemic Index:8.33, Glycemic Load:0.65, Inflammation Score:-8, Nutrition Score:33.048695750858%

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 Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 377.48kcal (18.87%), Fat: 6.08g (9.35%), Saturated Fat: 1.93g (12.06%), Carbohydrates: 35.36g (11.79%), Net Carbohydrates: 22.67g (8.25%), Sugar: 4.79g (5.33%), Cholesterol: 92.23mg (30.74%), Sodium: 1480.88mg (64.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.69g (91.38%), Selenium: 50.95µg (72.78%), Vitamin B6: 1.36mg (68.05%), Vitamin B3: 12.92mg (64.58%), Phosphorus: 543.82mg (54.38%), Zinc: 8.07mg (53.82%), Fiber: 12.69g (50.75%), Iron: 8.02mg (44.57%), Potassium: 1442.42mg (41.21%), Vitamin B12: 2.04µg (34.02%), Folate: 132.14µg (33.03%), Vitamin C: 25.43mg (30.83%), Vitamin B2: 0.52mg (30.52%), Copper: 0.6mg (29.91%), Vitamin B1: 0.43mg (28.69%), Magnesium: 113.93mg (28.48%), Manganese: 0.55mg (27.66%), Vitamin B5: 1.63mg (16.25%), Vitamin E: 2.28mg (15.21%), Calcium: 149.14mg (14.91%), Vitamin A: 649.39IU (12.99%), Vitamin K: 7.85µg (7.48%)