

## Slow-Cooker Three-Bean Chili

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



615 min.

SERVINGS



8

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15 ounces black beans rinsed drained canned
- 15.5 ounces garbanzo beans rinsed drained canned
- 15.5 ounces kidney beans rinsed drained canned
- 15 ounces tomato sauce canned
- 10 ounces tomatoes diced green undrained canned
- 1 large chicken stock cube crumbled
- 1.3 ounces chili seasoning
- 8 ounces lentils dried rinsed

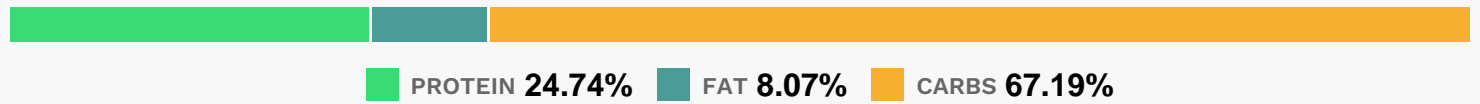
3 cups water

## Equipment

## Directions

- Mix all ingredients except tomatoes and tomato sauce in 3- to 4-quart slow cooker.
- Cover and cook on low heat setting 8 to 10 hours.
- Stir in tomatoes and tomato sauce. Increase heat setting to high. Cover and cook 5 minutes or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:22.12, Glycemic Load:7.84, Inflammation Score:-9, Nutrition Score:24.975217519814%

## Flavonoids

Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg

## Nutrients (% of daily need)

Calories: 273.88kcal (13.69%), Fat: 2.57g (3.95%), Saturated Fat: 0.38g (2.35%), Carbohydrates: 48.11g (16.04%), Net Carbohydrates: 27.77g (10.1%), Sugar: 4.87g (5.41%), Cholesterol: 0.06mg (0.02%), Sodium: 928.58mg (40.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.71g (35.43%), Fiber: 20.34g (81.36%), Manganese: 1.27mg (63.27%), Folate: 206.18µg (51.55%), Vitamin A: 2474.82IU (49.5%), Iron: 6.31mg (35.03%), Vitamin B6: 0.67mg (33.64%), Phosphorus: 323.25mg (32.33%), Vitamin B1: 0.44mg (29.44%), Potassium: 983.4mg (28.1%), Copper: 0.55mg (27.27%), Magnesium: 105.42mg (26.36%), Zinc: 2.73mg (18.2%), Vitamin B2: 0.28mg (16.43%), Vitamin E: 2.45mg (16.32%), Vitamin B3: 2.65mg (13.24%), Vitamin B5: 1.26mg (12.6%), Vitamin C: 10.24mg (12.41%), Calcium: 101.8mg (10.18%), Vitamin K: 9.74µg (9.28%), Selenium: 5.52µg (7.89%)