



Slow-Cooker Tuscan Chili

 Gluten Free

READY IN



250 min.

SERVINGS



6

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz .5 can cannellini beans rinsed canned
- 14.5 oz canned tomatoes diced undrained canned
- 0.5 tsp basil leaves dried
- 1.5 cups italian* five cheese shredded with a touch of philadelphia kraft
- 1 lb sausage italian
- 1 onion chopped
- 0.5 tsp oregano leaves dried
- 6 oz tomato paste canned

1 bell pepper green yellow chopped

Equipment

frying pan

slow cooker

Directions

Crumble sausage into large skillet.

Add onions; cook until sausage is browned, stirring frequently.

Drain.

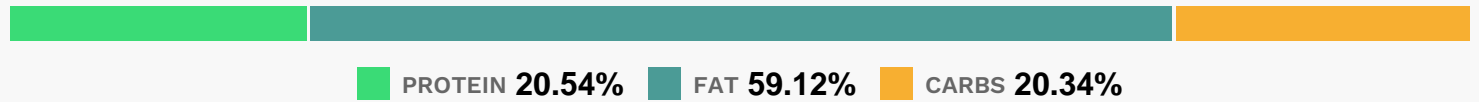
Transfer to slow cooker.

Add tomatoes, peppers and tomato paste; mix well. Stir in beans; cover with lid. Cook on LOW 3-1/2 to 4 hours (or on HIGH 2-1/2 to 3 hours).

Stir in herbs; cover. Cook on HIGH 10 min.; stir.

Serve topped with cheese.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:4.76, Inflammation Score:-6, Nutrition Score:17.26608699301%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg

Nutrients (% of daily need)

Calories: 464.94kcal (23.25%), Fat: 31.12g (47.88%), Saturated Fat: 9.74g (60.88%), Carbohydrates: 24.1g (8.03%), Net Carbohydrates: 18.71g (6.8%), Sugar: 4.34g (4.83%), Cholesterol: 63.06mg (21.02%), Sodium: 746.22mg (32.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.33g (48.66%), Vitamin B1: 0.57mg (37.98%), Vitamin C: 27.8mg (33.7%), Manganese: 0.58mg (29.01%), Selenium: 20.22µg (28.89%), Iron: 4.31mg (23.95%),

Vitamin B6: 0.47mg (23.4%), Potassium: 791.33mg (22.61%), Fiber: 5.38g (21.53%), Phosphorus: 203.76mg (20.38%), Vitamin B3: 3.5mg (17.5%), Copper: 0.35mg (17.38%), Folate: 67.47µg (16.87%), Calcium: 163.43mg (16.34%), Magnesium: 64.99mg (16.25%), Zinc: 2.39mg (15.92%), Vitamin B2: 0.22mg (12.84%), Vitamin B12: 0.69µg (11.47%), Vitamin E: 1.5mg (9.98%), Vitamin K: 10.02µg (9.54%), Vitamin B5: 0.72mg (7.21%), Vitamin A: 218.28IU (4.37%)