



Spicy Slow-Cooked Chili



Gluten Free



Popular

READY IN



270 min.

SERVINGS



10

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



29 ounce tomatoes diced drained canned



32 ounce kidney beans rinsed drained canned



8 ounce tomato sauce canned



1 tablespoon cayenne pepper



3 tablespoons chili powder



2 cloves garlic minced



1 bell pepper green chopped



2 pounds ground beef

- ☐ 1 teaspoon ground pepper black
- ☐ 2 onions chopped
- ☐ 2 teaspoons salt
- ☐ 0.5 cup cheddar cheese shredded

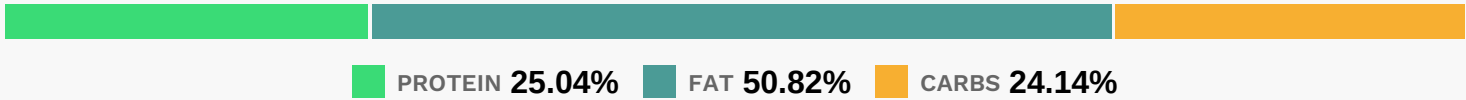
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat a large skillet over medium-high heat and stir in ground beef. Cook and stir until beef is crumbly, evenly browned, and no longer pink, about 7 minutes.
- ☐ Drain and discard any excess grease.
- ☐ Combine ground beef, kidney beans, diced tomatoes, tomato sauce, onions, bell pepper, garlic, chili powder, cayenne pepper, salt, and black pepper in a slow cooker. Cover and cook on Low for 10 hours, or High for 4 hours.
- ☐ Garnish each serving with Cheddar cheese.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:5.54, Inflammation Score:-8, Nutrition Score:19.980434669101%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg

Nutrients (% of daily need)

Calories: 367.31kcal (18.37%), Fat: 21.05g (32.38%), Saturated Fat: 8.23g (51.44%), Carbohydrates: 22.49g (7.5%), Net Carbohydrates: 14.91g (5.42%), Sugar: 5.91g (6.57%), Cholesterol: 70.06mg (23.35%), Sodium: 1061.02mg (46.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.33g (46.66%), Vitamin B12: 2µg (33.35%), Zinc: 4.91mg (32.71%), Phosphorus: 305.78mg (30.58%), Vitamin B6: 0.61mg (30.33%), Fiber: 7.58g (30.32%), Vitamin B3: 5.51mg (27.53%), Vitamin C: 21.74mg (26.35%), Iron: 4.49mg (24.96%), Manganese: 0.49mg (24.58%), Selenium: 17.16µg (24.52%), Vitamin A: 1216.27IU (24.33%), Potassium: 822.05mg (23.49%), Vitamin B2: 0.32mg (18.67%), Vitamin E: 2.43mg (16.22%), Magnesium: 64.84mg (16.21%), Copper: 0.32mg (16.02%), Vitamin B1: 0.21mg (13.68%), Calcium: 128.41mg (12.84%), Vitamin K: 12.75µg (12.14%), Folate: 46.37µg (11.59%), Vitamin B5: 0.83mg (8.3%)