



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

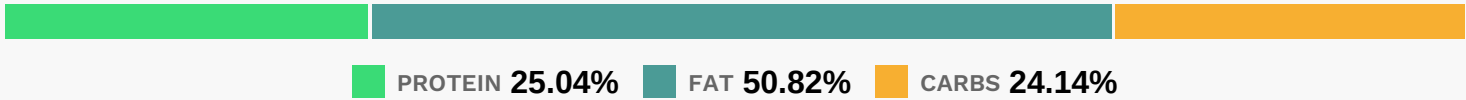
Equipment

- ☐ 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%)