



WHATSheATE



Spicy Slow-Cooker Beef Chili

READY IN



45 min.

SERVINGS



8

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ancho chili pepper dried stemmed seeded
- ☐ 10.5 oz veggie broth canned
- ☐ 16 oz beer dark
- ☐ 2 tablespoons flour all-purpose
- ☐ 4 garlic clove minced
- ☐ 1.5 teaspoons ground cumin
- ☐ 8 servings jalapeno halved
- ☐ 2 lb top round cut into 1/2-inch cubes
- ☐ 2 onion chopped

- ☐ 1.5 teaspoons oregano dried
- ☐ 8 servings salsa refrigerated
- ☐ 1 teaspoon salt
- ☐ 8 servings saltines
- ☐ 8 servings cream sour

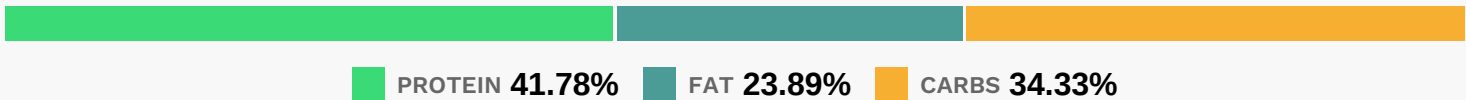
Equipment

- ☐ bowl
- ☐ blender
- ☐ microwave
- ☐ slow cooker

Directions

- ☐ Microwave broth in a microwave-safe bowl at HIGH 2 to 3 minutes or until simmering.
- ☐ Place ancho chile peppers in a blender.
- ☐ Pour hot broth over peppers; let stand 10 minutes. Holding lid down with a towel, process peppers and broth until smooth.
- ☐ Sprinkle flour, cumin, and salt over London broil.
- ☐ Place beef in a 4-qt. slow cooker.
- ☐ Add chopped onions, minced garlic, oregano, beer, 1 cup water, and pepper mixture. Cover and cook on HIGH 3 to 4 hours (or on LOW 5 to 6 hours) or until beef is tender. Top with halved jalapeo peppers, sour cream, and refrigerated salsa.
- ☐ Serve with saltine crackers.
- ☐ Note: We tested with Los Chileros de Nuevo Mexico whole ancho chiles.

Nutrition Facts



Properties

Glycemic Index:32.44, Glycemic Load:2.81, Inflammation Score:-10, Nutrition Score:25.854347622913%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 297.99kcal (14.9%), Fat: 7.65g (11.77%), Saturated Fat: 2.75g (17.18%), Carbohydrates: 24.73g (8.24%), Net Carbohydrates: 18.23g (6.63%), Sugar: 10.48g (11.65%), Cholesterol: 76.25mg (25.42%), Sodium: 774.35mg (33.67%), Alcohol: 2.21g (100%), Alcohol %: 0.91% (100%), Protein: 30.09g (60.19%), Vitamin A: 4981.82IU (99.64%), Selenium: 39.2µg (56%), Vitamin B6: 1.07mg (53.5%), Vitamin B3: 10.39mg (51.96%), Zinc: 5.6mg (37.34%), Phosphorus: 327.57mg (32.76%), Vitamin B2: 0.46mg (27.06%), Potassium: 933.51mg (26.67%), Vitamin B12: 1.57µg (26.17%), Fiber: 6.5g (26%), Vitamin K: 25.54µg (24.32%), Iron: 4.18mg (23.21%), Manganese: 0.33mg (16.72%), Magnesium: 60.15mg (15.04%), Vitamin C: 11.72mg (14.2%), Vitamin B1: 0.19mg (12.92%), Vitamin B5: 1.14mg (11.42%), Folate: 44.53µg (11.13%), Copper: 0.22mg (10.81%), Vitamin E: 1.53mg (10.18%), Calcium: 76.02mg (7.6%)