



## Super Easy Slow-Cooked Chili

 Dairy Free

READY IN



250 min.

SERVINGS



6

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 16 oz beans red rinsed drained canned
- 4 teaspoons chili powder
- 1.5 pounds ground beef
- 1 envelope onion soup mix lipton® recipe secrets®
- 1 jar pasta sauce ragu® old world style® (1 lb. 10 oz.)

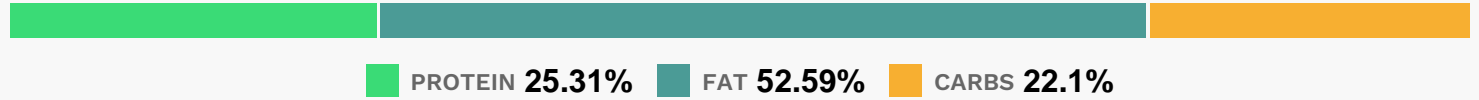
### Equipment

- slow cooker

## Directions

- Combine all ingredients in slow cooker and cook covered on LOW 8 hours or HIGH 4 hours.
- Serve, if desired, over hot cooked rice. Preparation time: 10 Minute(s) Cook time: 0 Minute(s)

## Nutrition Facts



## Properties

Glycemic Index:16.17, Glycemic Load:5.69, Inflammation Score:-7, Nutrition Score:19.377826058346%

## Nutrients (% of daily need)

Calories: 399.76kcal (19.99%), Fat: 23.5g (36.16%), Saturated Fat: 8.84g (55.26%), Carbohydrates: 22.23g (7.41%), Net Carbohydrates: 15.62g (5.68%), Sugar: 5.84g (6.49%), Cholesterol: 80.51mg (26.84%), Sodium: 1363.98mg (59.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.45g (50.91%), Vitamin B12: 2.43µg (40.45%), Zinc: 5.59mg (37.27%), Vitamin B3: 6.54mg (32.71%), Phosphorus: 307.97mg (30.8%), Vitamin B6: 0.6mg (30.23%), Selenium: 19.13µg (27.32%), Fiber: 6.61g (26.44%), Potassium: 913.4mg (26.1%), Iron: 4.55mg (25.26%), Manganese: 0.42mg (20.98%), Vitamin B2: 0.32mg (19%), Vitamin A: 887.07IU (17.74%), Vitamin E: 2.63mg (17.53%), Copper: 0.35mg (17.38%), Magnesium: 64.94mg (16.24%), Vitamin B1: 0.18mg (11.87%), Vitamin B5: 1.09mg (10.87%), Vitamin C: 8.77mg (10.64%), Folate: 38.17µg (9.54%), Vitamin K: 9.82µg (9.35%), Calcium: 72.14mg (7.21%)