



## Sweet Pork Slow Cooker Chili

 Gluten Free  Dairy Free

READY IN



280 min.

SERVINGS



10

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.3 cups apple cider hard
- 1 cup baby corns chopped
- 2 tablespoons brown sugar
- 15.5 ounce black beans drained canned
- 0.8 teaspoon curry powder
- 0.3 teaspoon sage dried
- 4 cloves garlic minced
- 0.8 cup green onions chopped

- 0.3 teaspoon ground ancho chile pepper
- 1 pinch ground cinnamon
- 1 teaspoon ground pepper black
- 2 pounds ground pork
- 1.5 teaspoons honey
- 1 tablespoon hungarian paprika sweet
- 1 tablespoon blackstrap molasses
- 20 ounce pineapple chunks drained canned
- 2 teaspoons salt
- 12 ounce tomato paste canned
- 2 small vine-ripened tomatoes diced
- 1 tablespoon vinegar white
- 11 ounce kernel corn whole drained canned
- 1 bell peppers diced yellow

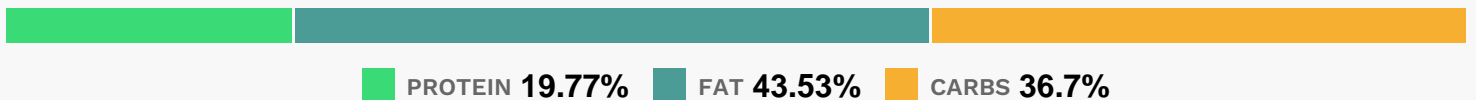
## Equipment

- frying pan
- slow cooker

## Directions

- Cook the ground pork in a skillet over medium heat until completely browned; drain.
- Combine the cooked pork, tomato, bell pepper, pineapple, beans, kernel corn, tomato paste, onion, baby corn, cider, garlic, brown sugar, salt, paprika, pepper, molasses, ancho chile pepper, sage, curry powder, cinnamon, honey, and vinegar in a large slow cooker; stir.
- Set slow cooker to High. Cook at least 4 hours.

## Nutrition Facts



## Properties

Glycemic Index:43.75, Glycemic Load:6.18, Inflammation Score:-7, Nutrition Score:20.396956609643%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

## Nutrients (% of daily need)

Calories: 416.63kcal (20.83%), Fat: 20.58g (31.66%), Saturated Fat: 7.35g (45.94%), Carbohydrates: 39.04g (13.01%), Net Carbohydrates: 33.02g (12.01%), Sugar: 19.03g (21.15%), Cholesterol: 65.32mg (21.77%), Sodium: 787.11mg (34.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.02g (42.05%), Vitamin B1: 0.86mg (57.57%), Vitamin C: 38.63mg (46.83%), Selenium: 24.14µg (34.48%), Vitamin B6: 0.59mg (29.61%), Vitamin B3: 5.84mg (29.22%), Phosphorus: 271.08mg (27.11%), Fiber: 6.01g (24.06%), Potassium: 836.45mg (23.9%), Vitamin B2: 0.34mg (20.27%), Manganese: 0.4mg (20.21%), Vitamin K: 20.5µg (19.53%), Zinc: 2.77mg (18.5%), Magnesium: 71.77mg (17.94%), Iron: 3.03mg (16.82%), Copper: 0.33mg (16.39%), Folate: 64.78µg (16.19%), Vitamin A: 806.13IU (16.12%), Vitamin B5: 1.08mg (10.84%), Vitamin B12: 0.63µg (10.58%), Calcium: 73.2mg (7.32%), Vitamin E: 0.85mg (5.64%)