



## Sweet Potato Chili



Gluten Free



Dairy Free



Popular

READY IN



390 min.

SERVINGS



8

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 12 ounce black beans drained and rinsed canned
- 8 ounce tomato sauce canned
- 1 pinch cayenne pepper
- 0.5 cup celery chopped
- 1 tablespoon chili powder
- 1 cup regular corn
- 1 pinch garlic powder
- 0.5 pound ground beef

- 0.5 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 1 pinch ground pepper black
- 0.5 pound pd of ground turkey
- 1 pinch onion powder
- 1 pinch salt
- 29 ounce stewed tomatoes diced with chili seasonings canned
- 0.8 cup onion diced sweet
- 2 sweet potatoes diced
- 0.5 cup water

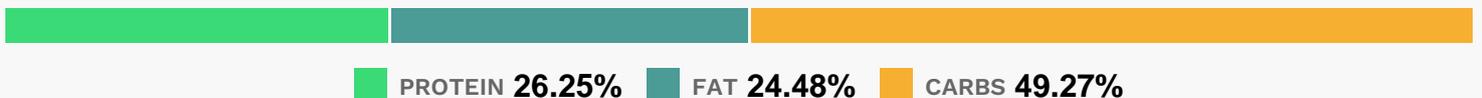
## Equipment

- frying pan
- slow cooker

## Directions

- Place sweet potatoes, stewed tomatoes, tomato sauce, onion, celery, water, chili powder, cumin, cinnamon, salt, black pepper, cayenne pepper, garlic powder, and onion powder in a slow cooker. Cook on high, stirring occasionally, for 5 hours.
- Heat a large skillet over medium-high heat and stir in ground turkey and ground beef. Cook and stir until meat is crumbly, evenly browned, and no longer pink, 10 to 15 minutes.
- Drain and discard any excess grease.
- Add cooked ground turkey, cooked ground beef, black beans, and corn to sweet potato mixture in the slow cooker; cook until flavors have blended, 1 to 2 more hours.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:33.69, Glycemic Load:8.12, Inflammation Score:-10, Nutrition Score:20.431739099648%

## Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

## Nutrients (% of daily need)

Calories: 253.34kcal (12.67%), Fat: 7.17g (11.03%), Saturated Fat: 2.46g (15.4%), Carbohydrates: 32.47g (10.82%), Net Carbohydrates: 25.22g (9.17%), Sugar: 8.79g (9.77%), Cholesterol: 35.72mg (11.91%), Sodium: 618.28mg (26.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.3g (34.6%), Vitamin A: 8708.39IU (174.17%), Vitamin B3: 6.04mg (30.19%), Vitamin B6: 0.6mg (29.79%), Fiber: 7.25g (28.99%), Potassium: 881.02mg (25.17%), Phosphorus: 235.06mg (23.51%), Iron: 4.06mg (22.53%), Manganese: 0.44mg (22.06%), Copper: 0.38mg (19.22%), Selenium: 12.58µg (17.97%), Vitamin C: 14.65mg (17.76%), Magnesium: 68.5mg (17.13%), Zinc: 2.53mg (16.88%), Vitamin B1: 0.22mg (14.51%), Vitamin B2: 0.24mg (14.1%), Folate: 54.66µg (13.67%), Vitamin B5: 1.32mg (13.2%), Vitamin E: 1.98mg (13.19%), Vitamin B12: 0.75µg (12.52%), Calcium: 90.69mg (9.07%), Vitamin K: 7.9µg (7.53%)