



Swink's Chili



Gluten Free



Dairy Free

READY IN



140 min.

SERVINGS



6

CALORIES



617 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce baked beans canned
- ☐ 10 ounce canned tomatoes diced with green chile peppers canned
- ☐ 16 ounce chili beans sauce undrained canned
- ☐ 1.3 ounce chili seasoning
- ☐ 10.8 ounce condensed tomato soup canned
- ☐ 2 pounds ground beef
- ☐ 1 onion chopped
- ☐ 6 ounce tomato paste canned

☐ 2 cups water

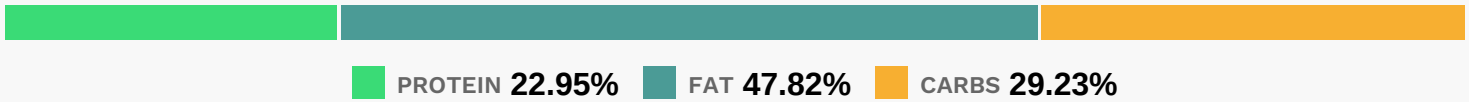
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ In a large skillet over medium heat, cook beef and onion until beef is brown. Stir in chili seasoning and water.
- ☐ Pour beef mixture into a slow cooker and stir in tomato paste, chili beans, baked beans, tomato soup and diced tomatoes with green chiles. Cook on low 2 hours.

Nutrition Facts



Properties

Glycemic Index:26.53, Glycemic Load:8.42, Inflammation Score:-10, Nutrition Score:31.132608693579%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 616.85kcal (30.84%), Fat: 33.25g (51.15%), Saturated Fat: 12.37g (77.3%), Carbohydrates: 45.74g (15.25%), Net Carbohydrates: 33.38g (12.14%), Sugar: 12.36g (13.73%), Cholesterol: 112.64mg (37.55%), Sodium: 1357.31mg (59.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.91g (71.81%), Vitamin A: 3178.51IU (63.57%), Zinc: 9.4mg (62.66%), Vitamin B12: 3.24µg (54.05%), Fiber: 12.36g (49.45%), Vitamin B6: 0.98mg (48.78%), Phosphorus: 485.64mg (48.56%), Potassium: 1511.97mg (43.2%), Iron: 7.58mg (42.11%), Vitamin B3: 8.4mg (41.99%), Selenium: 29.37µg (41.96%), Copper: 0.58mg (29.22%), Magnesium: 111.34mg (27.84%), Vitamin B2: 0.47mg (27.4%), Manganese: 0.53mg (26.38%), Vitamin C: 19.04mg (23.08%), Vitamin E: 3.03mg (20.19%), Folate: 67.52µg (16.88%), Vitamin B1: 0.21mg (13.72%), Calcium: 127.07mg (12.71%), Vitamin B5: 1.08mg (10.84%), Vitamin K: 10.97µg (10.45%), Vitamin D: 0.15µg (1.01%)