



## Crescent-Topped Turkey Chili

READY IN



30 min.

SERVINGS



6

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 22 oz baked beans canned
- 14.5 oz tomatoes diced undrained canned
- 8 oz regular crescent rolls refrigerated canned
- 1 lb pd of ground turkey cooked
- 8 oz cheddar cheese shredded

### Equipment

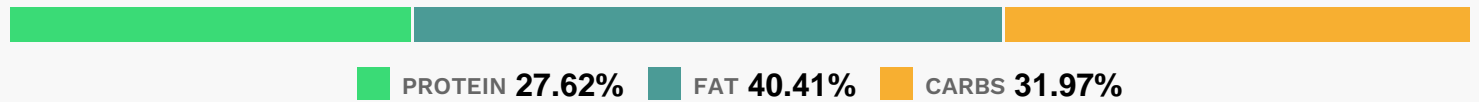
- frying pan
- oven

- baking pan
- serrated knife
- glass baking pan

## Directions

- In 10-inch skillet, mix turkey sausage, baked beans and tomatoes.
- Heat to boiling over medium-high heat, stirring occasionally. Spoon into ungreased 13x9-inch (3-quart) glass baking dish; sprinkle with 1 1/2 cups of the cheese.
- Remove dough from can; do not unroll. With serrated knife, cut dough into 1-inch slices.
- Cut each in half; place cut side down around edge of baking dish.
- Sprinkle with remaining 1/2 cup cheese.
- Bake at 375F 15 to 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:7.11, Glycemic Load:6.43, Inflammation Score:-5, Nutrition Score:19.172173925068%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

## Nutrients (% of daily need)

Calories: 474.12kcal (23.71%), Fat: 22.07g (33.96%), Saturated Fat: 10.83g (67.69%), Carbohydrates: 39.3g (13.1%), Net Carbohydrates: 32.9g (11.96%), Sugar: 5.88g (6.53%), Cholesterol: 84.77mg (28.26%), Sodium: 1093.04mg (47.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.95g (67.91%), Phosphorus: 462.45mg (46.25%), Vitamin B3: 8.33mg (41.67%), Vitamin B6: 0.81mg (40.68%), Selenium: 27.33µg (39.04%), Calcium: 327.7mg (32.77%), Zinc: 4.08mg (27.21%), Fiber: 6.4g (25.61%), Manganese: 0.44mg (22.04%), Iron: 3.71mg (20.63%), Potassium: 705.15mg (20.15%), Magnesium: 74.25mg (18.56%), Vitamin B2: 0.28mg (16.28%), Copper: 0.32mg (16.2%), Vitamin B12: 0.85µg (14.17%), Folate: 53.86µg (13.47%), Vitamin C: 8.45mg (10.24%), Vitamin B5: 0.94mg (9.44%), Vitamin B1: 0.14mg (9.43%), Vitamin A: 348.16IU (6.96%), Vitamin E: 0.61mg (4.09%), Vitamin D: 0.49µg (3.28%), Vitamin K: 2.93µg (2.79%)