



HEALTH SCORE

100%

Dumpling's Favorite Chow



Gluten Free



Very Healthy

READY IN



1800 min.

SERVINGS



1

CALORIES



5056 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 stick butter
- ☐ 56 ounce canned tomatoes chopped canned
- ☐ 1 pound carrots cut into small dice
- ☐ 1 pound celery cut into small dice
- ☐ 1 pound spinach frozen chopped
- ☐ 1 pounds green beans cut into small pieces
- ☐ 4 pounds pd of ground turkey (or high fat ground turkey, lamb, or pork)
- ☐ 3 cups regular-flavor oatmeal instant

☐ 2 quarts chicken broth low-sodium homemade

Equipment

☐ sauce pan

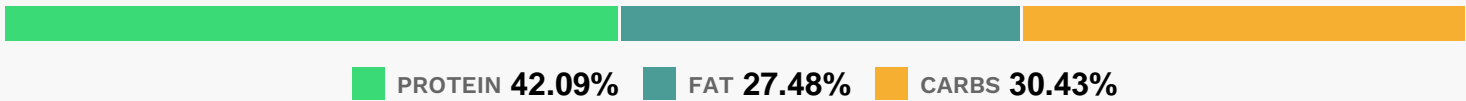
☐ whisk

☐ dutch oven

Directions

- ☐ Melt butter in a large saucepan or Dutch oven over medium-high heat.
- ☐ Add carrots, celery, and green beans, and cook, stirring constantly, until completely softened but not browned.
- ☐ Add spinach and cook, stirring frequently, until hot.
- ☐ Add beef, broth, and tomatoes, and cook, stirring vigorously with a whisk to break up any chunks of meat. Cook, stirring occasionally with a whisk until meat is no longer pink, about 15 minutes.
- ☐ Add oatmeal to mixture and cook, stirring constantly, until oatmeal has absorbed liquid and mixture has consistency of thick paste (you may need to thin it with some water).
- ☐ Transfer mixture into freezer-safe containers, allow to cool to room temperature, then freeze.
- ☐ Remove containers from freezer to defrost at least two days before needed.

Nutrition Facts



Properties

Glycemic Index:295.83, Glycemic Load:171.79, Inflammation Score:-10, Nutrition Score:93.407826133396%

Flavonoids

Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg Luteolin: 5.85mg, Luteolin: 5.85mg, Luteolin: 5.85mg, Luteolin: 5.85mg Kaempferol: 4.13mg, Kaempferol: 4.13mg, Kaempferol: 4.13mg, Kaempferol: 4.13mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 15.1mg, Quercetin: 15.1mg, Quercetin: 15.1mg

Nutrients (% of daily need)

Calories: 5055.59kcal (252.78%), Fat: 163.39g (251.37%), Saturated Fat: 74.35g (464.71%), Carbohydrates: 406.95g (135.65%), Net Carbohydrates: 307.91g (111.97%), Sugar: 120.1g (133.44%), Cholesterol: 1240.85mg (413.62%), Sodium: 5363.65mg (233.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 563.01g (1126.02%), Vitamin A: 140822.55IU (2816.45%), Vitamin K: 2167.24µg (2064.03%), Vitamin B3: 234.93mg (1174.64%), Vitamin B6: 20.79mg (1039.63%), Phosphorus: 7021.42mg (702.14%), Selenium: 443.84µg (634.05%), Potassium: 17656.17mg (504.46%), Magnesium: 1777.99mg (444.5%), Manganese: 8.3mg (415.15%), Fiber: 99.04g (396.17%), Folate: 1488.59µg (372.15%), Iron: 64.2mg (356.66%), Vitamin B1: 5.27mg (351.08%), Zinc: 50.89mg (339.26%), Vitamin B2: 5.68mg (334.25%), Vitamin C: 267.17mg (323.84%), Copper: 6.25mg (312.59%), Vitamin E: 44.1mg (293.98%), Vitamin B5: 24.31mg (243.05%), Calcium: 1905.92mg (190.59%), Vitamin B12: 11.34µg (188.97%), Vitamin D: 7.26µg (48.38%)