



## Jay's Spicy Slow Cooker Turkey Chili

 Gluten Free  Dairy Free

READY IN



500 min.

SERVINGS



8

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon peppers from adobo sauce diced with chipotle peppers, to taste
- 15 ounce black beans drained and rinsed canned
- 3 chile peppers green canned sliced
- 15 ounce kidney beans drained and rinsed canned
- 14.5 ounce canned tomatoes crushed drained canned
- 1 teaspoon cayenne pepper
- 2 teaspoons chile-garlic sauce sriracha® (such as )
- 0.3 cup chili powder

- 10.8 ounce condensed tomato soup canned
- 1 teaspoon basil dried
- 1 teaspoon ground pepper black
- 2 pounds pd of ground turkey
- 1 teaspoon paprika
- 1 teaspoon salt
- 1.3 ounce taco seasoning
- 1 onion yellow chopped

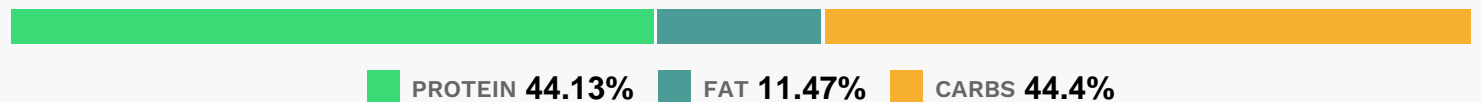
## Equipment

- frying pan
- slow cooker

## Directions

- Heat a large skillet over medium-high heat. Cook and stir ground turkey in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease. Stir taco seasoning into ground turkey until evenly coated.
- Mix seasoned ground turkey, onion, crushed tomatoes, kidney beans, tomato soup, black beans, chili powder, green chile peppers, chipotle peppers from adobo sauce, chile-garlic sauce, black pepper, salt, basil, paprika, and cayenne pepper in a slow cooker.
- Cook on Low, 8 to 9 hours (or High about 4 hours).

## Nutrition Facts



## Properties

Glycemic Index:29.06, Glycemic Load:6, Inflammation Score:-10, Nutrition Score:28.034347803696%

## Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

## Nutrients (% of daily need)

Calories: 304.72kcal (15.24%), Fat: 4.11g (6.32%), Saturated Fat: 0.93g (5.81%), Carbohydrates: 35.78g (11.93%), Net Carbohydrates: 23.41g (8.51%), Sugar: 9.36g (10.4%), Cholesterol: 62.37mg (20.79%), Sodium: 1444.22mg (62.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.56g (71.12%), Vitamin B3: 13.49mg (67.44%), Vitamin B6: 1.34mg (66.95%), Vitamin A: 3128.16IU (62.56%), Fiber: 12.37g (49.48%), Phosphorus: 427.88mg (42.79%), Selenium: 29.42µg (42.03%), Potassium: 1183.17mg (33.8%), Manganese: 0.63mg (31.46%), Iron: 5.26mg (29.24%), Vitamin E: 3.85mg (25.65%), Magnesium: 97.6mg (24.4%), Copper: 0.45mg (22.36%), Zinc: 3.19mg (21.27%), Vitamin B2: 0.33mg (19.5%), Vitamin B1: 0.28mg (18.83%), Vitamin C: 14.89mg (18.04%), Folate: 67.7µg (16.92%), Vitamin K: 16.95µg (16.14%), Vitamin B5: 1.4mg (14.01%), Vitamin B12: 0.58µg (9.64%), Calcium: 92.57mg (9.26%), Vitamin D: 0.45µg (3.02%)