



Laura's Quick Slow Cooker Turkey Chili



Gluten Free



Dairy Free



Popular

READY IN



255 min.

SERVINGS



8

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans drained canned
- ☐ 30 ounce kidney beans drained canned
- ☐ 2 tablespoons chili powder
- ☐ 0.5 tablespoon garlic powder
- ☐ 1 pinch ground allspice
- ☐ 0.5 tablespoon ground cumin
- ☐ 1 pinch ground pepper black
- ☐ 1 pound pd of ground turkey

- ☐ 0.5 medium onion chopped
- ☐ 1 teaspoon pepper flakes red
- ☐ 8 servings salt to taste
- ☐ 21.5 ounce all natural tomato soup low sodium canned
- ☐ 1 tablespoon vegetable oil

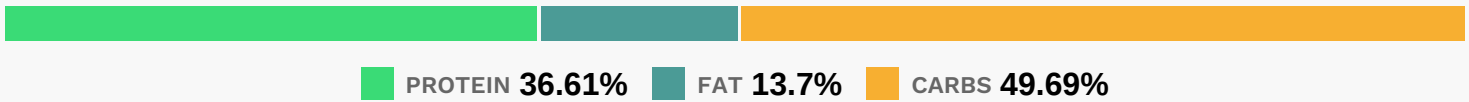
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat the oil in a skillet over medium heat.
- ☐ Place turkey in the skillet, and cook until evenly brown; drain.
- ☐ Coat the inside of a slow cooker with cooking spray, and mix in turkey, tomato soup, kidney beans, black beans and onion. Season with chili powder, red pepper flakes, garlic powder, cumin, black pepper, allspice and salt.
- ☐ Cover, and cook 8 hours on Low or 4 hours on High.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:7, Inflammation Score:-8, Nutrition Score:19.889565312344%

Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 249.65kcal (12.48%), Fat: 3.97g (6.11%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 32.44g (10.81%), Net Carbohydrates: 20.7g (7.53%), Sugar: 5.79g (6.44%), Cholesterol: 31.18mg (10.39%), Sodium: 837.68mg (36.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.9g (47.8%), Fiber: 11.74g (46.97%), Vitamin B6: 0.78mg

(38.99%), Vitamin B3: 7.58mg (37.91%), Phosphorus: 335.92mg (33.59%), Manganese: 0.64mg (32.17%), Potassium: 897.67mg (25.65%), Iron: 4.45mg (24.73%), Copper: 0.46mg (23.11%), Selenium: 15.48µg (22.12%), Magnesium: 88.04mg (22.01%), Vitamin B1: 0.29mg (19.52%), Folate: 76.73µg (19.18%), Vitamin A: 852.34IU (17.05%), Zinc: 2.29mg (15.28%), Vitamin B2: 0.26mg (15.24%), Vitamin E: 2.03mg (13.52%), Vitamin K: 13.97µg (13.31%), Vitamin C: 9.86mg (11.96%), Vitamin B5: 0.98mg (9.79%), Calcium: 90.27mg (9.03%), Vitamin B12: 0.29µg (4.82%), Vitamin D: 0.23µg (1.51%)