



Slow-Cooker Dill-Turkey Chowder

 Gluten Free

READY IN



395 min.

SERVINGS



6

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup carrots sliced
- 2.5 cups chicken broth (from 32-oz carton)
- 3 tablespoons cornstarch
- 2 teaspoons dill dried
- 1 cup half and half
- 0.5 cup onion chopped
- 0.8 teaspoon garlic
- 6 baby potatoes cut into 1-inch pieces

- 1 teaspoon salt
- 1.5 lb turkey breast tenderloins cut into 1-inch pieces
- 15.3 oz corn whole drained canned

Equipment

- bowl
- slow cooker

Directions

- Place turkey in 4- to 5-quart slow cooker.
- Sprinkle with garlic-pepper blend and salt. Stir in remaining ingredients except half-and-half and cornstarch.
- Cover; cook on Low heat setting 6 to 8 hours.
- In small bowl, mix half-and-half and cornstarch; gradually stir into chowder until blended. Increase heat setting to High. Cover; cook about 20 minutes, stirring occasionally, until thickened.

Nutrition Facts



PROTEIN 40.8% **FAT 22.01%** **CARBS 37.19%**

Properties

Glycemic Index:31.26, Glycemic Load:8.15, Inflammation Score:-9, Nutrition Score:10.120434709217%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 307.37kcal (15.37%), Fat: 7.52g (11.56%), Saturated Fat: 3.53g (22.08%), Carbohydrates: 28.58g (9.53%), Net Carbohydrates: 26.43g (9.61%), Sugar: 4.1g (4.56%), Cholesterol: 66.7mg (22.23%), Sodium: 988.57mg (42.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.36g (62.71%), Vitamin A: 3729.61IU (74.59%), Vitamin C: 15.15mg (18.36%), Potassium: 490.67mg (14.02%), Manganese: 0.24mg (12.09%), Vitamin B6: 0.24mg

(12.06%), Phosphorus: 117.93mg (11.79%), Vitamin B2: 0.18mg (10.71%), Folate: 37.66µg (9.42%), Fiber: 2.15g (8.58%), Vitamin B3: 1.65mg (8.24%), Magnesium: 31.44mg (7.86%), Vitamin B1: 0.11mg (7.38%), Calcium: 72.29mg (7.23%), Copper: 0.12mg (6.05%), Iron: 0.97mg (5.37%), Zinc: 0.68mg (4.55%), Vitamin K: 4.46µg (4.25%), Vitamin B5: 0.37mg (3.68%), Selenium: 2.1µg (3.01%), Vitamin E: 0.29mg (1.93%), Vitamin B12: 0.1µg (1.6%)