



## Slow-Cooker Dill-Turkey Chowder

 **Gluten Free**  **Dairy Free**

READY IN



**395 min.**

SERVINGS



**6**

CALORIES



**256 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 lb turkey breast tenderloins cut into 1-inch pieces
- 0.8 teaspoon highest available proof grain spirit
- 1 teaspoon salt
- 6 baby potatoes cut into 1-inch pieces
- 1 cup carrots sliced
- 0.5 cup onion chopped
- 2 teaspoons dill dried
- 2.5 cups chicken broth (from 32-oz carton)

- 15.3 oz corn whole drained canned
- 3 tablespoons cornstarch
- 1 cup frangelico

## 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 47.25%** **FAT 10.16%** **CARBS 42.59%**

## Properties

Glycemic Index:35.6, Glycemic Load:8.35, Inflammation Score:-9, Nutrition Score:8.9665216246377%

## 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: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

## Nutrients (% of daily need)

Calories: 256.17kcal (12.81%), Fat: 2.88g (4.43%), Saturated Fat: 0.7g (4.37%), Carbohydrates: 27.18g (9.06%), Net Carbohydrates: 25.01g (9.09%), Sugar: 2.45g (2.72%), Cholesterol: 52.58mg (17.53%), Sodium: 963.94mg (41.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.16g (60.32%), Vitamin A: 3586.91IU (71.74%), Vitamin C: 14.67mg (17.78%), Potassium: 438.56mg (12.53%), Manganese: 0.24mg (12.16%), Vitamin B6: 0.22mg (10.94%),

Folate: 37.03µg (9.26%), Fiber: 2.18g (8.7%), Vitamin B3: 1.64mg (8.21%), Phosphorus: 81.71mg (8.17%), Magnesium: 28.4mg (7.1%), Vitamin B1: 0.1mg (6.57%), Vitamin B2: 0.1mg (6.18%), Copper: 0.12mg (5.97%), Iron: 0.95mg (5.29%), Vitamin K: 3.94µg (3.76%), Zinc: 0.56mg (3.72%), Calcium: 28.58mg (2.86%), Vitamin B5: 0.26mg (2.56%), Vitamin E: 0.19mg (1.29%), Selenium: 0.78µg (1.11%)