



Slow-Cooker Leftover Turkey Chili

 Dairy Free  Very Healthy

READY IN



540 min.

SERVINGS



6

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz great northern beans drained canned
- ☐ 3.5 cups chicken broth (from 32-oz carton)
- ☐ 9 oz chilis green undrained chopped canned
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 clove garlic finely chopped
- ☐ 2 teaspoons ground cumin
- ☐ 0.1 teaspoon ground pepper red (cayenne)
- ☐ 1 lime cut into wedges, if desired

- ☐ 0.5 cup onion chopped
- ☐ 15 oz kidney beans dark red drained canned
- ☐ 2 lb turkey thighs skinless
- ☐ 0.3 cup water
- ☐ 1 cup corn syrup white frozen thawed

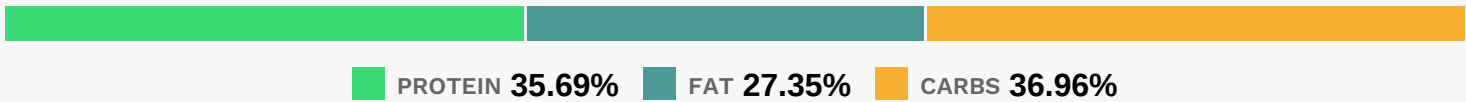
Equipment

- ☐ bowl
- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ In 4- to 5-quart slow cooker, mix great northern beans, kidney beans, chiles, onion, garlic, cumin, red pepper and broth.
- ☐ Place turkey on bean mixture.
- ☐ Cover; cook on Low heat setting 8 to 10 hours.
- ☐ Remove turkey from cooker to cutting board.
- ☐ Remove meat from bones; discard bones.
- ☐ Cut turkey into bite-size pieces.
- ☐ Add turkey and corn to cooker. In small bowl, mix flour and water; stir into turkey mixture. Increase heat setting to High. Cover; cook 20 to 30 minutes or until thoroughly heated and slightly thickened.
- ☐ Serve individual servings with lime wedges for squeezing juice over chili.

Nutrition Facts



Properties

Glycemic Index:38.71, Glycemic Load:5.41, Inflammation Score:-7, Nutrition Score:32.203913040783%

Flavonoids

Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 7.59mg, Quercetin: 7.59mg, Quercetin: 7.59mg, Quercetin: 7.59mg

Nutrients (% of daily need)

Calories: 471.4kcal (23.57%), Fat: 14.47g (22.25%), Saturated Fat: 4.32g (27.02%), Carbohydrates: 44g (14.67%), Net Carbohydrates: 33.17g (12.06%), Sugar: 3.59g (3.98%), Cholesterol: 96.48mg (32.16%), Sodium: 1345.67mg (58.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.47g (84.95%), Vitamin B12: 6.08µg (101.26%), Selenium: 66.18µg (94.55%), Zinc: 7.78mg (51.89%), Phosphorus: 502.14mg (50.21%), Folate: 187.28µg (46.82%), Fiber: 10.83g (43.33%), Manganese: 0.81mg (40.59%), Vitamin B2: 0.67mg (39.16%), Iron: 6.93mg (38.51%), Potassium: 1084.48mg (30.99%), Vitamin B1: 0.46mg (30.43%), Vitamin B6: 0.58mg (28.91%), Vitamin B3: 5.58mg (27.91%), Magnesium: 110.05mg (27.51%), Vitamin C: 22.38mg (27.13%), Copper: 0.5mg (24.82%), Vitamin B5: 1.86mg (18.57%), Calcium: 105.4mg (10.54%), Vitamin K: 6.26µg (5.96%), Vitamin A: 88.53IU (1.77%), Vitamin E: 0.16mg (1.09%)