



## Slow-Cooker Leftover Turkey Chili

 Dairy Free  Very Healthy

READY IN



540 min.

SERVINGS



6

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15 oz great northern beans drained canned
- 15 oz kidney beans dark red drained canned
- 4 oz chilis green undrained chopped canned
- 0.5 cup onion chopped
- 1 clove garlic finely chopped
- 2 teaspoons ground cumin
- 0.1 teaspoon ground pepper red (cayenne)
- 3.5 cups chicken broth (from 32-oz carton)

- 2 lb turkey thighs skinless
- 1 cup corn syrup white frozen thawed
- 2 tablespoons flour all-purpose
- 0.3 cup water
- 1 lime cut into wedges, if desired

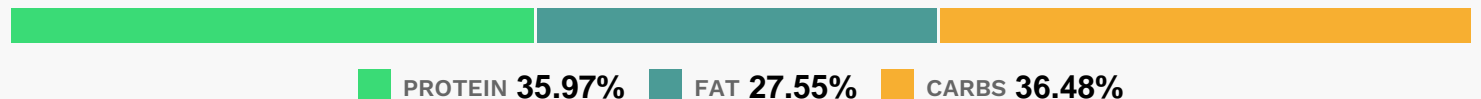
## Equipment

- 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:31.239565206611%

## 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: 466.44kcal (23.32%), Fat: 14.4g (22.16%), Saturated Fat: 4.32g (26.98%), Carbohydrates: 42.91g (14.3%), Net Carbohydrates: 32.48g (11.81%), Sugar: 3.59g (3.98%), Cholesterol: 96.48mg (32.16%), Sodium: 1251.88mg (54.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.3g (84.61%), Vitamin B12: 6.08µg (101.26%), Selenium: 66.11µg (94.45%), Zinc: 7.76mg (51.75%), Phosphorus: 499.54mg (49.95%), Folate: 174.52µg (43.63%), Fiber: 10.43g (41.72%), Manganese: 0.81mg (40.59%), Vitamin B2: 0.66mg (38.75%), Iron: 6.62mg (36.77%), Vitamin B1: 0.45mg (30.28%), Potassium: 1057.78mg (30.22%), Vitamin B6: 0.55mg (27.49%), Magnesium: 109.11mg (27.28%), Vitamin B3: 5.43mg (27.17%), Copper: 0.5mg (24.82%), Vitamin B5: 1.84mg (18.38%), Vitamin C: 14.3mg (17.34%), Calcium: 96.9mg (9.69%), Vitamin K: 6.26µg (5.96%), Vitamin A: 58.77IU (1.18%), Vitamin E: 0.16mg (1.09%)