



Slow Cooker Pumpkin Turkey Chili

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

READY IN



205 min.

SERVINGS



6

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce seasoned black beans canned
- 3 tablespoons brown sugar
- 28 ounce canned tomatoes diced canned
- 15 ounce chili beans sauce canned
- 1 tablespoon chili powder
- 1 pound pd of ground turkey
- 1 tablespoon olive oil
- 1 onion chopped

- 2 cups pumpkin fresh cubed
- 1 tablespoon pumpkin pie spice

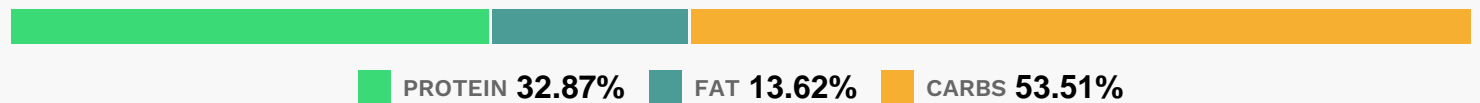
Equipment

- pot
- slow cooker

Directions

- Heat olive oil in a large soup pot over medium heat; brown turkey, stirring often, until crumbly and no longer pink, about 10 minutes.
- Drain and discard any fat.
- Transfer turkey to a slow cooker and stir in diced tomatoes, pumpkin, chili beans, black beans, brown sugar, pumpkin pie spice, and chili powder. Set cooker to Low, cover, and cook until pumpkin is tender and has started to break apart, at least 3 hours.

Nutrition Facts



Properties

Glycemic Index:27.83, Glycemic Load:7.95, Inflammation Score:-10, Nutrition Score:30.294348074042%

Flavonoids

Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 357.3kcal (17.87%), Fat: 5.64g (8.68%), Saturated Fat: 1.07g (6.69%), Carbohydrates: 49.89g (16.63%), Net Carbohydrates: 37.12g (13.5%), Sugar: 17.38g (19.31%), Cholesterol: 41.58mg (13.86%), Sodium: 752.97mg (32.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.64g (61.29%), Vitamin A: 4006.1IU (80.12%), Vitamin B6: 1.17mg (58.33%), Fiber: 12.77g (51.09%), Vitamin B3: 10.01mg (50.03%), Phosphorus: 450.06mg (45.01%), Manganese: 0.82mg (40.91%), Potassium: 1380.05mg (39.43%), Folate: 157.62µg (39.4%), Magnesium: 140.25mg (35.06%), Copper: 0.69mg (34.5%), Iron: 5.94mg (33%), Selenium: 19.92µg (28.45%), Zinc: 4.14mg (27.58%), Vitamin B1: 0.38mg (25.32%), Vitamin C: 18.46mg (22.37%), Vitamin B2: 0.36mg (21.04%), Vitamin E: 3.13mg

(20.89%), Vitamin B5: 1.36mg (13.62%), Calcium: 116.92mg (11.69%), Vitamin K: 10.89µg (10.37%), Vitamin B12: 0.39µg (6.54%), Vitamin D: 0.3µg (2.02%)