



Slow-Cooker Turkey and Brown Rice Chili



Gluten Free



Dairy Free

READY IN



515 min.

SERVINGS



6

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 0.8 lb pd of ground turkey
- ☐ 1 cup onion chopped
- ☐ 29 oz tomatoes diced undrained canned
- ☐ 15 oz chili beans sauce undrained canned
- ☐ 4 oz chilis green drained chopped canned
- ☐ 0.5 cup water
- ☐ 1 tablespoon sugar

- ☐ 2 teaspoons chili powder
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon salt
- ☐ 2 cups brown rice cooked

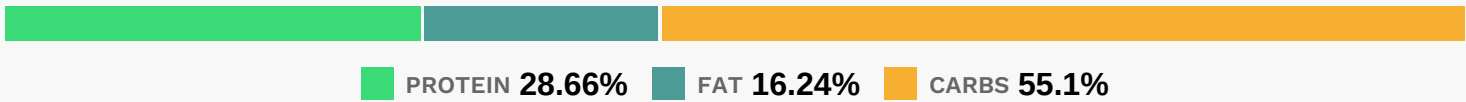
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ In 12-inch skillet, heat oil over medium heat. Cook turkey and onion in oil 8 to 10 minutes, stirring frequently, until turkey is no longer pink; drain.
- ☐ In 3- to 4-quart slow cooker, mix turkey mixture and remaining ingredients except rice.
- ☐ Cover; cook on Low heat setting 8 to 10 hours.
- ☐ Stir in rice. Increase heat setting to High. Cover; cook about 15 minutes or until rice is hot.

Nutrition Facts



Properties

Glycemic Index:25.72, Glycemic Load:9.32, Inflammation Score:-7, Nutrition Score:19.420869547388%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

Nutrients (% of daily need)

Calories: 273.85kcal (13.69%), Fat: 5.05g (7.77%), Saturated Fat: 0.89g (5.59%), Carbohydrates: 38.57g (12.86%), Net Carbohydrates: 32.01g (11.64%), Sugar: 10.16g (11.29%), Cholesterol: 31.18mg (10.39%), Sodium: 1021.73mg (44.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.06g (40.13%), Vitamin B6: 1mg (49.82%), Manganese: 0.88mg (43.97%), Vitamin B3: 7.84mg (39.21%), Phosphorus: 327.41mg (32.74%), Vitamin C: 22.42mg

(27.17%), Fiber: 6.56g (26.23%), Potassium: 874.48mg (24.99%), Magnesium: 97.85mg (24.46%), Iron: 4.08mg (22.64%), Zinc: 3.12mg (20.8%), Selenium: 13.94µg (19.92%), Copper: 0.38mg (19.1%), Vitamin B2: 0.27mg (15.86%), Vitamin B1: 0.21mg (13.96%), Folate: 52.02µg (13%), Vitamin E: 1.58mg (10.51%), Vitamin B5: 0.97mg (9.7%), Calcium: 91.62mg (9.16%), Vitamin K: 9.25µg (8.81%), Vitamin A: 409.24IU (8.18%), Vitamin B12: 0.3µg (4.94%), Vitamin D: 0.23µg (1.51%)