



 **100%**  
HEALTH SCORE

## Slow-Cooker Turkey-Butternut Squash Ragout

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**495 min.**

SERVINGS



**4**

CALORIES



**519 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 16 ounces baked beans undrained canned
- 2 pounds butternut squash peeled seeded cut into 1 1/2-inch pieces (3 cups)
- 14.5 ounces tomatoes diced italian with seasonings, undrained canned
- 2 tablespoons parsley fresh chopped
- 1 medium onion sliced cut in half and
- 1.5 pounds turkey thighs skinless

### Equipment

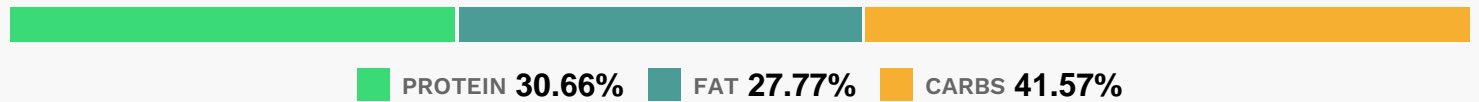
- slow cooker

cutting board

## Directions

- Spray 3- to 4-quart slow cooker with cooking spray.
- Mix all ingredients except parsley in cooker.
- Cover and cook on Low heat setting 7 to 8 hours.
- Place turkey on cutting board.
- Remove meat from bones; discard bones. Return turkey to cooker. Just before serving, sprinkle with parsley.

## Nutrition Facts



## Properties

Glycemic Index:25.42, Glycemic Load:7.6, Inflammation Score:-10, Nutrition Score:45.854782519133%

## Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

## Nutrients (% of daily need)

Calories: 518.5kcal (25.93%), Fat: 16.62g (25.57%), Saturated Fat: 5.35g (33.45%), Carbohydrates: 55.99g (18.66%), Net Carbohydrates: 43.65g (15.87%), Sugar: 8.62g (9.58%), Cholesterol: 113.4mg (37.8%), Sodium: 1371.04mg (59.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.3g (82.59%), Vitamin A: 24397.7IU (487.95%), Vitamin B12: 6.8µg (113.4%), Selenium: 74.74µg (106.78%), Vitamin C: 64.15mg (77.75%), Zinc: 9.18mg (61.21%), Phosphorus: 516.84mg (51.68%), Potassium: 1803.09mg (51.52%), Fiber: 12.33g (49.34%), Manganese: 0.99mg (49.27%), Vitamin B6: 0.91mg (45.55%), Vitamin B3: 8.1mg (40.5%), Iron: 7.25mg (40.25%), Magnesium: 159.64mg (39.91%), Vitamin B2: 0.66mg (39.1%), Vitamin K: 38.38µg (36.56%), Vitamin B1: 0.52mg (34.51%), Copper: 0.66mg (33.09%), Folate: 120.25µg (30.06%), Vitamin E: 3.99mg (26.57%), Vitamin B5: 2.54mg (25.44%), Calcium: 223.51mg (22.35%)