



Slow Cooker Turkey Cheeseburger Chili

 **Gluten Free**

READY IN

ready

65 min.

SERVINGS

servings

10

CALORIES

calories

384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 28 ounce tomato sauce canned
- ☐ 2.5 ounce chili seasoning
- ☐ 8 ounce colby-monterey jack cheese shredded
- ☐ 14.5 ounce canned tomatoes diced fire roasted canned
- ☐ 2 pounds pd of ground turkey
- ☐ 0.5 cup catsup
- ☐ 1 onion diced finely

- ☐ 30 ounce kidney beans dark red drained canned
- ☐ 0.3 cup mustard yellow prepared

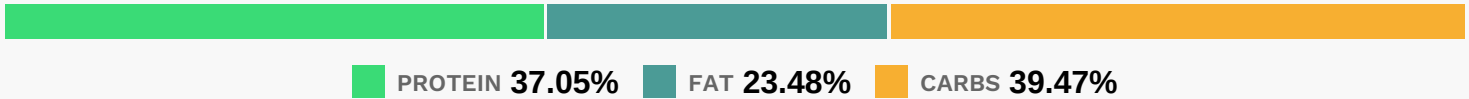
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat a large, nonstick skillet over medium-high heat and stir in the ground turkey. Cook and stir until the turkey is crumbly, evenly browned, and no longer pink.
- ☐ Place the browned turkey, kidney beans, and diced onion in a slow cooker; mix well.
- ☐ Combine the tomato sauce, fire roasted tomatoes, chili seasoning, ketchup, mustard, and brown sugar in the skillet. Bring to a simmer. Stir the sauce into the meat mixture in the slow cooker. Cook on High for 20 minutes.
- ☐ Sprinkle with shredded Colby-Monterey Jack cheese before serving.

Nutrition Facts



Properties

Glycemic Index:17.73, Glycemic Load:5.95, Inflammation Score:-10, Nutrition Score:29.469565059828%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg

Nutrients (% of daily need)

Calories: 383.92kcal (19.2%), Fat: 10.45g (16.08%), Saturated Fat: 5.04g (31.51%), Carbohydrates: 39.52g (13.17%), Net Carbohydrates: 28.76g (10.46%), Sugar: 13.34g (14.82%), Cholesterol: 70.08mg (23.36%), Sodium: 807.72mg (35.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.1g (74.2%), Vitamin A: 4262.24IU (85.24%), Vitamin B6: 1.17mg (58.28%), Vitamin B3: 11.04mg (55.22%), Phosphorus: 484.34mg (48.43%), Fiber: 10.77g (43.06%), Selenium: 27.6µg (39.43%), Folate: 136.18µg (34.05%), Iron: 6.05mg (33.6%), Manganese: 0.67mg (33.34%), Potassium: 1092.52mg (31.21%), Magnesium: 101.37mg (25.34%), Zinc: 3.75mg (24.99%), Calcium: 248.22mg

(24.82%), Vitamin E: 3.55mg (23.68%), Vitamin B2: 0.4mg (23.46%), Copper: 0.43mg (21.46%), Vitamin B1: 0.26mg (17.09%), Vitamin K: 16.12µg (15.35%), Vitamin B5: 1.5mg (15.01%), Vitamin B12: 0.65µg (10.85%), Vitamin C: 8.71mg (10.56%), Vitamin D: 0.5µg (3.33%)