



## Slow-cooker Turkey Chili

 Gluten Free

READY IN



495 min.

SERVINGS



6

CALORIES



568 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15 oz black beans rinsed drained canned
- 8 oz tomato sauce canned
- 28 oz canned tomatoes crushed canned
- 1.3 oz chili seasoning
- 1 lb toppings: co y and monterey jack cheese blend shredded red finely chopped
- 1.5 cups corn kernels frozen
- 1 garlic clove minced
- 1 bell pepper green chopped

- 1.3 pounds pd of ground turkey lean
- 1 large onion chopped
- 1 bell pepper red chopped
- 0.5 teaspoon salt

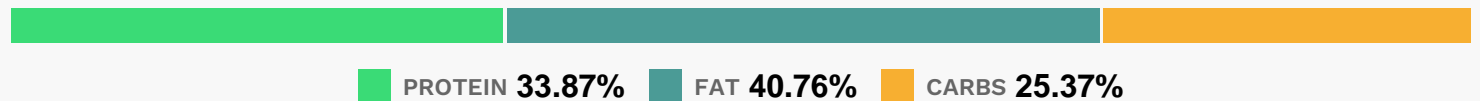
## Equipment

- frying pan
- slow cooker

## Directions

- Cook first 3 ingredients in a large skillet over medium-high heat, stirring until turkey crumbles and is no longer pink; drain. Spoon mixture into a 5 1/2-qt. slow cooker; stir in corn and next 7 ingredients until well blended.
- Cook at HIGH 4 to 5 hours or at LOW 6 to 8 hours.
- Serve with desired toppings.

## Nutrition Facts



## Properties

Glycemic Index:37.33, Glycemic Load:4.54, Inflammation Score:-10, Nutrition Score:40.505651515463%

## Flavonoids

Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg

## Nutrients (% of daily need)

Calories: 567.72kcal (28.39%), Fat: 26.82g (41.26%), Saturated Fat: 15.28g (95.51%), Carbohydrates: 37.57g (12.52%), Net Carbohydrates: 25.53g (9.28%), Sugar: 12.35g (13.72%), Cholesterol: 119.26mg (39.75%), Sodium: 1412.07mg (61.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.14g (100.28%), Vitamin A: 4678.3IU (93.57%), Vitamin C: 60.78mg (73.67%), Phosphorus: 733.8mg (73.38%), Vitamin B6: 1.42mg (71.2%), Calcium: 666.78mg (66.68%), Vitamin B3: 13mg (65%), Selenium: 34.62µg (49.46%), Fiber: 12.04g (48.17%), Vitamin B2:

0.71mg (41.84%), Potassium: 1362.08mg (38.92%), Zinc: 5.27mg (35.1%), Iron: 6.28mg (34.87%), Manganese:  
0.69mg (34.49%), Magnesium: 127.59mg (31.9%), Vitamin E: 4.61mg (30.72%), Folate: 118.94µg (29.73%), Copper:  
0.58mg (29.21%), Vitamin B1: 0.35mg (23.11%), Vitamin B5: 2.02mg (20.15%), Vitamin B12: 1.11µg (18.49%), Vitamin K:  
17.25µg (16.43%), Vitamin D: 0.83µg (5.54%)