



Slow-cooker Turkey Chili

 Gluten Free

READY IN



380 min.

SERVINGS



6

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 oz beer canned
- ☐ 15 oz black beans drained and rinsed canned
- ☐ 8 oz tomato sauce canned
- ☐ 28 oz canned tomatoes crushed canned
- ☐ 6 servings toppings: cheddar cheese fresh shredded red sliced finely chopped
- ☐ 1.3 oz chili seasoning
- ☐ 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
- ☐ 0.8 teaspoon salt

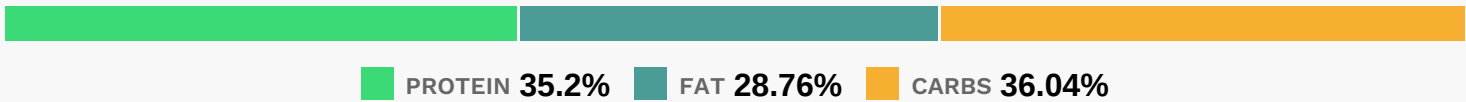
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Cook first 4 ingredients in a large skillet over medium-high heat, stirring often, 8 minutes or until turkey crumbles and is no longer pink. Stir in beer, and cook 2 minutes, stirring occasionally. Spoon mixture into a 5 1/2-qt. slow cooker; stir in corn and next 6 ingredients until well blended. Cover and cook on LOW 6 hours.
- ☐ Serve with desired toppings.

Nutrition Facts



Properties

Glycemic Index:44.08, Glycemic Load:5.41, Inflammation Score:-10, Nutrition Score:36.439565026242%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg 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: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 432.51kcal (21.63%), Fat: 14.11g (21.71%), Saturated Fat: 6.6g (41.27%), Carbohydrates: 39.8g (13.27%), Net Carbohydrates: 27.76g (10.09%), Sugar: 12.07g (13.41%), Cholesterol: 81.97mg (27.32%), Sodium: 1253.84mg

(54.51%), Alcohol: 2.21g (100%), Alcohol %: 0.52% (100%), Protein: 38.87g (77.74%), Vitamin A: 4397.55IU (87.95%), Vitamin C: 60.78mg (73.67%), Vitamin B6: 1.41mg (70.55%), Vitamin B3: 13.24mg (66.19%), Phosphorus: 543.48mg (54.35%), Fiber: 12.04g (48.17%), Selenium: 32.49µg (46.42%), Potassium: 1339.27mg (38.26%), Manganese: 0.69mg (34.47%), Vitamin B2: 0.56mg (33.12%), Iron: 5.79mg (32.18%), Calcium: 317.24mg (31.72%), Vitamin E: 4.64mg (30.91%), Magnesium: 118.68mg (29.67%), Folate: 115.03µg (28.76%), Copper: 0.57mg (28.64%), Zinc: 4.1mg (27.36%), Vitamin B1: 0.35mg (23.12%), Vitamin B5: 2mg (20.04%), Vitamin K: 16.08µg (15.32%), Vitamin B12: 0.81µg (13.52%), Vitamin D: 0.56µg (3.72%)