



WHATSheATE



Slow-Cooker Turkey Mole Chili



Gluten Free

READY IN



495 min.

SERVINGS



6

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 40 oz pd of ground turkey lean
- ☐ 1 cup onion chopped
- ☐ 1 cup carrots chopped
- ☐ 28 oz canned tomatoes diced organic undrained canned
- ☐ 15 oz black beans rinsed drained canned
- ☐ 1.8 cups chicken broth (from 32-oz carton)
- ☐ 0.5 cup cream sour
- ☐ 0.3 cup cotija cheese white crumbled (Mexican)

☐ 8.3 oz frangelico

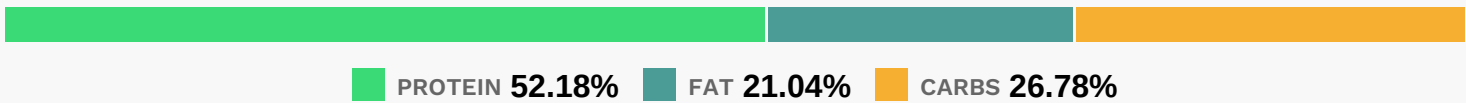
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ In 12-inch nonstick skillet, cook turkey over medium-high heat 5 to 7 minutes, stirring frequently, until no longer pink; drain.
- ☐ Spray 4- to 5-quart slow cooker with cooking spray. In cooker, mix turkey and remaining ingredients except sour cream and cheese.
- ☐ Cover; cook on Low heat setting 8 to 10 hours.
- ☐ Stir well before serving. Top each serving with dollop of sour cream and sprinkle of cheese.

Nutrition Facts



Properties

Glycemic Index:23.14, Glycemic Load:4, Inflammation Score:-10, Nutrition Score:34.540434961734%

Flavonoids

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: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg

Nutrients (% of daily need)

Calories: 396.55kcal (19.83%), Fat: 9.55g (14.69%), Saturated Fat: 3.82g (23.88%), Carbohydrates: 27.35g (9.12%), Net Carbohydrates: 18.89g (6.87%), Sugar: 8.91g (9.9%), Cholesterol: 122.19mg (40.73%), Sodium: 890.44mg (38.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.28g (106.55%), Vitamin B3: 20.87mg (104.37%), Vitamin B6: 1.95mg (97.65%), Vitamin A: 4046.16IU (80.92%), Selenium: 45.56µg (65.08%), Phosphorus: 601.47mg (60.15%), Potassium: 1310.84mg (37.45%), Fiber: 8.45g (33.82%), Zinc: 4.45mg (29.69%), Vitamin B2: 0.5mg (29.25%), Magnesium: 115.09mg (28.77%), Iron: 4.74mg (26.35%), Copper: 0.52mg (26.18%), Manganese: 0.52mg (25.94%), Vitamin B1: 0.37mg (24.65%), Vitamin B5: 2.38mg (23.83%), Folate: 87.82µg (21.96%), Vitamin C: 17.49mg (21.2%), Vitamin B12: 1.12µg (18.72%), Calcium: 141.54mg (14.15%), Vitamin E: 2.04mg (13.62%), Vitamin K: 10.33µg

(9.84%), Vitamin D: 0.78µg (5.21%)