



Slow-Cooker Turkey White Bean Chili

 Gluten Free

READY IN



505 min.

SERVINGS



8

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 lb pd of ground turkey lean
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped
- ☐ 1 medium poblano pepper seeded chopped
- ☐ 3 cloves garlic finely chopped
- ☐ 46.5 oz great northern beans drained canned
- ☐ 3 cups chicken broth (from 32-oz carton)
- ☐ 9 oz corn syrup white frozen thawed

- ☐ 2 teaspoons chili powder
- ☐ 2 teaspoons ground cumin
- ☐ 1 teaspoon oregano dried
- ☐ 0.8 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cream sour
- ☐ 1 serving cilantro leaves fresh chopped
- ☐ 1 serving lime wedges

Equipment

- ☐ frying pan
- ☐ blender
- ☐ slow cooker

Directions

- ☐ Spray 5- to 6-quart slow cooker with cooking spray.
- ☐ Heat 12-inch nonstick skillet over medium-high heat.
- ☐ Add turkey; cook 6 to 8 minutes, stirring occasionally, until no longer pink.
- ☐ Place turkey in slow cooker. In same skillet, heat oil over medium heat. Cook onion, chile and garlic in oil 5 minutes, stirring frequently, until onion is tender.
- ☐ Add to slow cooker.
- ☐ In blender, place 1 can of the beans and 1 cup of the broth. Cover; blend on medium speed 20 seconds or until smooth.
- ☐ Pour mixture into slow cooker. Stir in remaining 2 cans of beans, remaining 2 cups broth, the corn, chili powder, cumin, oregano, pepper and salt.
- ☐ Cover; cook on Low heat setting 8 hours. Top each serving with 1 tablespoon sour cream.
- ☐ Sprinkle with cilantro.
- ☐ Serve with lime wedges.

Nutrition Facts



 **PROTEIN 38.97%**  **FAT 17.5%**  **CARBS 43.53%**

Properties

Glycemic Index:21.63, Glycemic Load:0.6, Inflammation Score:-8, Nutrition Score:26.722173607868%

Flavonoids

Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg

Nutrients (% of daily need)

Calories: 412.12kcal (20.61%), Fat: 8.28g (12.74%), Saturated Fat: 2.56g (16.01%), Carbohydrates: 46.32g (15.44%), Net Carbohydrates: 36.38g (13.23%), Sugar: 4.61g (5.12%), Cholesterol: 72.61mg (24.2%), Sodium: 552.74mg (24.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.47g (82.94%), Vitamin B6: 1.28mg (64%), Vitamin B3: 12.7mg (63.52%), Phosphorus: 540.49mg (54.05%), Selenium: 33.37µg (47.67%), Manganese: 0.91mg (45.71%), Fiber: 9.94g (39.74%), Folate: 155.94µg (38.98%), Magnesium: 136.48mg (34.12%), Potassium: 1111.42mg (31.75%), Vitamin B1: 0.38mg (25.4%), Iron: 4.36mg (24.22%), Zinc: 3.47mg (23.13%), Vitamin C: 18.13mg (21.97%), Copper: 0.4mg (19.9%), Vitamin B2: 0.33mg (19.4%), Vitamin B5: 1.81mg (18.07%), Calcium: 128.83mg (12.88%), Vitamin B12: 0.63µg (10.44%), Vitamin A: 336.63IU (6.73%), Vitamin E: 0.77mg (5.1%), Vitamin K: 5.05µg (4.81%), Vitamin D: 0.45µg (3.02%)