



Turkey Chili Cheese Pie with Cornmeal Crust

READY IN



320 min.

SERVINGS



8

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 15 oz kidney beans drained and rinsed canned
- ☐ 28 oz canned tomatoes with liquid crushed canned
- ☐ 1 cup cheddar cheese grated
- ☐ 2 tablespoons chili powder
- ☐ 1 large eggs beaten
- ☐ 0.8 cup flour all-purpose
- ☐ 2 cloves garlic minced
- ☐ 1.5 pounds pd of ground turkey

- ☐ 1 cup beef broth low-sodium
- ☐ 0.8 cup milk
- ☐ 1 large onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons vegetable oil
- ☐ 0.8 cup cornmeal yellow

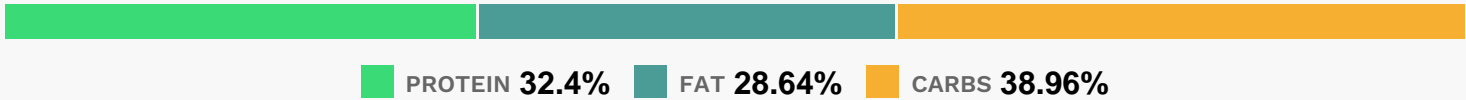
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Mist slow-cooker insert with cooking spray. Warm 2 Tbsp. oil in a large skillet over medium-high heat.
- ☐ Add onion and cook, stirring, until softened, 2 to 3 minutes.
- ☐ Add garlic and chili powder and saut until fragrant, about 1 minute. Stir in turkey, mixing well and breaking up large clumps of meat. Stir in tomatoes and broth.
- ☐ Add beans, bring to a boil and pour into slow cooker.
- ☐ In a large bowl, combine flour, cornmeal, baking powder and salt.
- ☐ Mix well, then stir in egg, milk, 1/4 cup vegetable oil and cheese.
- ☐ Pour batter over chili in slow cooker and gently spread to cover. Cover slow cooker and cook on low until chili is hot and crust is lightly browned and cooked through, about 5 hours.

Nutrition Facts



Properties

Glycemic Index:55.94, Glycemic Load:18.83, Inflammation Score:-8, Nutrition Score:24.747391327568%

Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 396.97kcal (19.85%), Fat: 12.96g (19.93%), Saturated Fat: 4.58g (28.6%), Carbohydrates: 39.65g (13.22%), Net Carbohydrates: 32.2g (11.71%), Sugar: 7.73g (8.59%), Cholesterol: 86.9mg (28.97%), Sodium: 761.22mg (33.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.98g (65.96%), Vitamin B6: 1.12mg (56.07%), Vitamin B3: 11.09mg (55.43%), Phosphorus: 462.02mg (46.2%), Selenium: 31.8µg (45.43%), Fiber: 7.45g (29.81%), Manganese: 0.59mg (29.61%), Potassium: 923.78mg (26.39%), Calcium: 256.97mg (25.7%), Vitamin B1: 0.35mg (23.65%), Iron: 4.24mg (23.56%), Vitamin B2: 0.4mg (23.26%), Zinc: 3.46mg (23.06%), Magnesium: 91.61mg (22.9%), Vitamin A: 1040.37IU (20.81%), Copper: 0.4mg (20.06%), Folate: 70.09µg (17.52%), Vitamin E: 2.6mg (17.34%), Vitamin K: 16.38µg (15.6%), Vitamin B5: 1.52mg (15.18%), Vitamin C: 11.19mg (13.56%), Vitamin B12: 0.76µg (12.71%), Vitamin D: 0.8µg (5.34%)