



Turkey Sage Chowder

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces bacon coarsely chopped
- ☐ 0.7 cup condensed cream of potato soup (from one)
- ☐ 2 tablespoons sage fresh chopped
- ☐ 1 cup chicken broth canned
- ☐ 2 cups onion chopped
- ☐ 1 pound baking potatoes peeled cut into 1/2-inch pieces
- ☐ 2.5 cups turkey diced cooked
- ☐ 2 cups milk whole

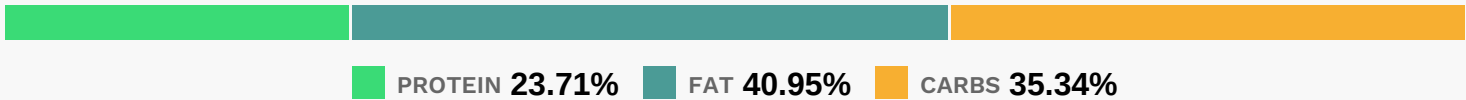
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Cook bacon in heavy large saucepan over medium heat until crisp, about 8 minutes.
- ☐ Transfer bacon to paper towels to drain.
- ☐ Pour off all but 2 tablespoons drippings from pan. Increase heat to medium-high, add onions and sauté until tender, about 5 minutes.
- ☐ Mix in potatoes, milk, broth, cream of potato soup, and 1 tablespoon sage. Bring to boil. Reduce heat to medium-low and simmer until potatoes are tender, stirring occasionally, about 10 minutes.
- ☐ Add turkey meat, bacon, and remaining 1 tablespoon sage. Simmer until heated through, stirring occasionally, about 4 minutes. Season to taste with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:37.44, Glycemic Load:19.93, Inflammation Score:-6, Nutrition Score:24.063478397286%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg

Nutrients (% of daily need)

Calories: 439.18kcal (21.96%), Fat: 20.13g (30.96%), Saturated Fat: 7.61g (47.54%), Carbohydrates: 39.08g (13.03%), Net Carbohydrates: 35.86g (13.04%), Sugar: 10.79g (11.99%), Cholesterol: 80.18mg (26.73%), Sodium: 584.43mg (25.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.22g (52.44%), Copper: 9.42mg (470.85%), Vitamin

B6: 1.03mg (51.38%), Vitamin B3: 8.26mg (41.32%), Phosphorus: 397.65mg (39.77%), Manganese: 0.72mg (36.06%), Selenium: 22.9µg (32.71%), Potassium: 1077.27mg (30.78%), Vitamin B12: 1.63µg (27.24%), Vitamin B2: 0.4mg (23.46%), Calcium: 220.2mg (22.02%), Vitamin B1: 0.33mg (21.79%), Vitamin B5: 1.85mg (18.5%), Magnesium: 73.77mg (18.44%), Zinc: 2.73mg (18.2%), Vitamin C: 12.38mg (15.01%), Iron: 2.41mg (13.4%), Fiber: 3.22g (12.87%), Vitamin D: 1.64µg (10.95%), Folate: 36.26µg (9.07%), Vitamin A: 274.21IU (5.48%), Vitamin K: 3.19µg (3.04%), Vitamin E: 0.3mg (1.97%)