



Turkey Thigh and Hominy Chili

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



132 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 servings olives black canned ripe sliced
- ☐ 28 oz canned tomatoes crushed chopped canned
- ☐ 1 tablespoon chili powder
- ☐ 6 cloves garlic fresh minced stemmed rinsed pressed peeled seeded
- ☐ 8 servings spring onion thinly sliced
- ☐ 1.5 teaspoons ground cumin
- ☐ 15 oz hominy white yellow rinsed drained canned (or)
- ☐ 8 servings monterrey jack cheese shredded

- ☐ 0.5 lb onion peeled chopped
- ☐ 1.5 teaspoons oregano dried
- ☐ 0.5 lb bell pepper red stemmed rinsed seeded chopped
- ☐ 8 servings salt and pepper
- ☐ 2 turkey thighs (3 lb. total)

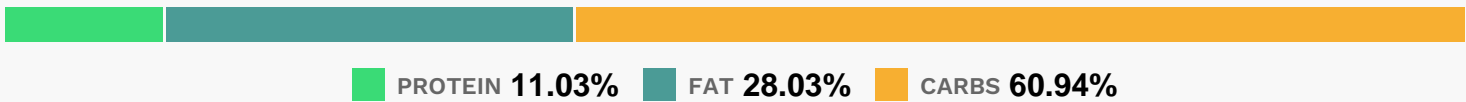
Equipment

- ☐ bowl
- ☐ slotted spoon

Directions

- ☐ In a 4 1/2-quart or larger electric slow-cooker, mix the onion, bell pepper, garlic, jalapeo, chili powder, oregano, and cumin.
- ☐ Pull off and discard skin from turkey thighs; trim off and discard fat. Rinse thighs and lay on vegetables in cooker.
- ☐ Pour hominy and tomatoes with juice over turkey.
- ☐ Cover and cook until turkey pulls easily from the bone, 6 to 7 hours on low, 4 to 5 hours on high. If possible, turn meat over about halfway through cooking.
- ☐ With a slotted spoon, transfer turkey to a plate. Skim and discard any fat from cooking liquid. When turkey is cool enough to handle, in about 10 minutes, discard bones and tear meat into large chunks. Return meat and juices to cooker; cover and cook until hot, 10 to 15 minutes.
- ☐ Spoon turkey chili into wide bowls. Top portions as desired with cheese, olives, and green onions.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:3.29, Inflammation Score:-9, Nutrition Score:13.522173885742%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg

Nutrients (% of daily need)

Calories: 132.35kcal (6.62%), Fat: 4.51g (6.94%), Saturated Fat: 0.78g (4.86%), Carbohydrates: 22.05g (7.35%), Net Carbohydrates: 16.35g (5.95%), Sugar: 8.1g (9%), Cholesterol: 1.04mg (0.35%), Sodium: 847.98mg (36.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.99%), Vitamin C: 49.39mg (59.86%), Vitamin A: 1556.01IU (31.12%), Fiber: 5.7g (22.81%), Vitamin K: 23.04µg (21.94%), Vitamin E: 2.98mg (19.88%), Manganese: 0.38mg (19.16%), Vitamin B6: 0.33mg (16.68%), Iron: 2.6mg (14.44%), Copper: 0.27mg (13.27%), Potassium: 463.08mg (13.23%), Magnesium: 42.74mg (10.69%), Folate: 37.75µg (9.44%), Vitamin B3: 1.79mg (8.96%), Calcium: 86.73mg (8.67%), Phosphorus: 82.7mg (8.27%), Vitamin B1: 0.12mg (8.15%), Zinc: 1.11mg (7.43%), Vitamin B2: 0.11mg (6.62%), Vitamin B5: 0.52mg (5.21%), Selenium: 3.38µg (4.83%)