



Turkey-Vegetable Chowder

READY IN



45 min.

SERVINGS



4

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 cup carrots thinly sliced
- ☐ 1 cup celery thinly sliced
- ☐ 3 cups chicken broth
- ☐ 1 teaspoon curry powder
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons parsley fresh minced
- ☐ 12 oz pkt spinach frozen
- ☐ 1.5 cups half-and-half

- ☐ 2 onions chopped
- ☐ 1 potatoes chopped
- ☐ 0.5 teaspoon poultry seasoning dried
- ☐ 3 cups turkey cubed cooked

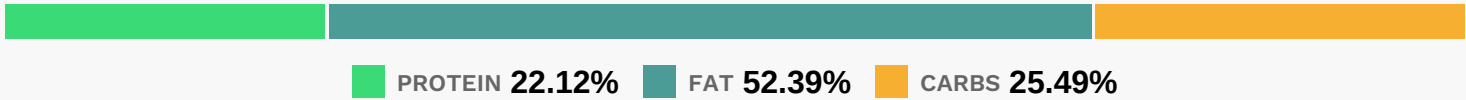
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in pan.
- ☐ Add onions and saut for 10 minutes. Stir in flour and curry powder; cook for 2 minutes.
- ☐ Add broth, potatoes, carrots, celery, parsley and sage. Reduce heat to low; cover and simmer 10 to 15 minutes.
- ☐ Add turkey, half-and-half and frozen spinach. Cover and simmer, stirring occasionally until heated through, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:87.9, Glycemic Load:11.17, Inflammation Score:-10, Nutrition Score:33.588695619417%

Flavonoids

Apigenin: 5.03mg, Apigenin: 5.03mg, Apigenin: 5.03mg, Apigenin: 5.03mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 11.71mg, Quercetin: 11.71mg, Quercetin: 11.71mg, Quercetin: 11.71mg

Nutrients (% of daily need)

Calories: 457.38kcal (22.87%), Fat: 27.36g (42.1%), Saturated Fat: 14.9g (93.15%), Carbohydrates: 29.97g (9.99%), Net Carbohydrates: 23.73g (8.63%), Sugar: 9.76g (10.85%), Cholesterol: 119.47mg (39.82%), Sodium: 996.1mg (43.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26g (51.99%), Vitamin K: 366.73µg (349.27%), Vitamin A: 16335.32IU (326.71%), Manganese: 0.98mg (49.06%), Vitamin B6: 0.94mg (46.85%), Folate: 176.84µg (44.21%),

Vitamin B2: 0.7mg (41.21%), Vitamin B3: 7.9mg (39.52%), Selenium: 26.68µg (38.11%), Phosphorus: 345.71mg (34.57%), Potassium: 1113.23mg (31.81%), Vitamin C: 25.47mg (30.88%), Magnesium: 121.57mg (30.39%), Calcium: 273.37mg (27.34%), Fiber: 6.23g (24.94%), Vitamin E: 3.59mg (23.91%), Vitamin B1: 0.31mg (20.54%), Iron: 3.63mg (20.18%), Vitamin B12: 1.14µg (19.02%), Zinc: 2.73mg (18.18%), Copper: 0.33mg (16.56%), Vitamin B5: 1.38mg (13.77%), Vitamin D: 0.22µg (1.49%)