

Turkey Chowder

Best Slow Cooker Recipes
Pillsbury Classic Cookbooks #370

Servings: 6

2 turkey breast tenderloins (3/4 pound each), cut into one-inch pieces
3/4 teaspoon garlic-pepper blend
1 teaspoon salt
6 to 8 small red potatoes, cut into one-inch pieces
2 medium (1 cup) carrots, sliced
1 medium onion, chopped
2 teaspoons dried Italian seasoning
2 1/2 cups chicken broth
1 can (15.25 ounce) whole kernel corn, frozen, drained
1 cup half-and-half
3 tablespoons cornstarch

Preparation Time: 15 minutes

Spray a four- to five-quart slow cooker with cooking spray.

Place the turkey in the slow cooker. Sprinkle with the garlic-pepper blend and salt. Stir in the remaining ingredients except the half-and-half and the cornstarch.

Cover and cook on LOW heat setting for six to eight hours.

In a small bowl, mix the half-and-half and the cornstarch until smooth. Gradually stir into the chowder until blended. Increase the heat setting to HIGH.

Cover and cook for 20 minutes longer, stirring occasionally, until thickened.

Start to Finish Time: 6 hours 35 minutes

Per Serving (excluding unknown items): 133 Calories; 1g Fat (6.2% calories from fat); 5g Protein; 27g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 688mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fat.

Slow Cooker, Soups, Chili and Stews,
Turkey

Per Serving Nutritional Analysis

Calories (kcal):	133	Vitamin B6 (mg):	.3mg
% Calories from Fat:	6.2%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	79.6%	Thiamin B1 (mg):	.1mg

% Calories from Protein:	14.2%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	27g
Dietary Fiber (g):	3g
Protein (g):	5g
Sodium (mg):	688mg
Potassium (mg):	657mg
Calcium (mg):	23mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	20mg
Vitamin A (i.u.):	6751IU
Vitamin A (r.e.):	675RE

Riboflavin B2 (mg):	.1mg
Folacin (mcg):	28mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	n n%

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	0
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	133	Calories from Fat: 8
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% Daily Values*

Total Fat	1g	1%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	688mg	29%
Total Carbohydrates	27g	9%
Dietary Fiber	3g	12%
Protein	5g	
Vitamin A		135%
Vitamin C		33%
Calcium		2%
Iron		6%

* Percent Daily Values are based on a 2000 calorie diet.