



## 30-Minute White Bean Chili

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



67 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 15 oz .5 can cannellini beans rinsed drained canned
- 14 oz canned tomatoes undrained canned
- 1 cup chicken broth
- 1 Tbsp chili powder
- 0.3 cup grey poupon dijon mustard
- 1 clove garlic minced
- 0.1 tsp ground pepper red (cayenne)
- 16 oz pd of ground turkey frozen thawed

- 1 Tbsp oil
- 1 cup onions chopped
- 1 cup cheddar cheese shredded kraft
- 8 oz kernel corn whole drained canned

## Equipment

- sauce pan

## Directions

- Cook and stir onions and garlic in hot oil in 3-quart saucepan on medium-high heat until tender. Stir in turkey. Cook until turkey is cooked through, stirring occasionally to break up the turkey.
- Drain.
- Add broth, tomatoes with their liquid, mustard, chili powder and pepper; mix well. Bring to boil; reduce heat to medium-low. Simmer 10 minutes, stirring occasionally.
- Stir in beans and corn; cook 5 minutes, stirring occasionally.
- Serve topped with the cheese.

## Nutrition Facts

**PROTEIN 35.3%** **FAT 30.77%** **CARBS 33.93%**

## Properties

Glycemic Index:7.23, Glycemic Load:1.14, Inflammation Score:-2, Nutrition Score:4.2295652187389%

## Flavonoids

Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

## Nutrients (% of daily need)

Calories: 67.21kcal (3.36%), Fat: 2.36g (3.63%), Saturated Fat: 0.88g (5.49%), Carbohydrates: 5.86g (1.95%), Net Carbohydrates: 4.65g (1.69%), Sugar: 0.95g (1.05%), Cholesterol: 12.24mg (4.08%), Sodium: 119.33mg (5.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.09g (12.18%), Vitamin B3: 1.77mg (8.87%), Vitamin B6: 0.18mg

(8.87%), Selenium: 5.55µg (7.92%), Phosphorus: 76.88mg (7.69%), Manganese: 0.13mg (6.41%), Potassium: 177.45mg (5.07%), Fiber: 1.21g (4.83%), Iron: 0.83mg (4.63%), Calcium: 46mg (4.6%), Magnesium: 18.15mg (4.54%), Zinc: 0.66mg (4.4%), Folate: 16.37µg (4.09%), Copper: 0.08mg (3.86%), Vitamin E: 0.51mg (3.42%), Vitamin B2: 0.06mg (3.29%), Vitamin A: 153.9IU (3.08%), Vitamin B1: 0.04mg (2.94%), Vitamin B5: 0.23mg (2.28%), Vitamin C: 1.79mg (2.17%), Vitamin B12: 0.12µg (1.98%), Vitamin K: 1.88µg (1.79%)