



6 Can Chili

 **Gluten Free**

READY IN



30 min.

SERVINGS



8

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 ounce baked beans canned
- 15 ounce kidney beans undrained canned
- 15 ounce pinto beans undrained canned
- 14.5 ounce canned tomatoes whole peeled canned
- 16 ounce chili beans sauce hot undrained canned
- 1 pound pd of ground turkey
- 0.3 cup cheddar cheese shredded
- 0.3 cup cream sour

- 6 ounce canned tomatoes canned
- 2 teaspoons vegetable oil

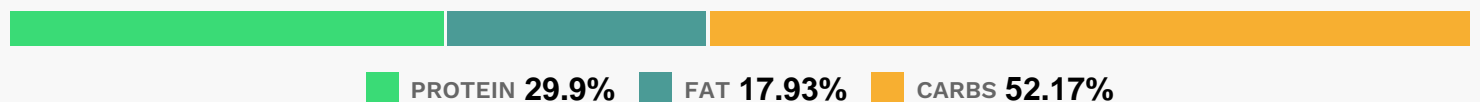
Equipment

- bowl
- frying pan
- pot

Directions

- Heat the vegetable oil in a skillet over medium heat, and cook the turkey meat until it's no longer pink, breaking the meat up as it cooks, 10 to 15 minutes.
- Pour the tomatoes into the skillet, and crush them into chunks with a spoon.
- Transfer the turkey meat and tomatoes into a soup pot. Stir in the hot chili beans, pinto beans, kidney beans, baked beans, and tomato paste. Bring the soup to a boil; simmer at least 10 minutes.
- Serve in bowls garnished with about 2 teaspoons of shredded Cheddar cheese and a dollop of sour cream.

Nutrition Facts



Properties

Glycemic Index:25.58, Glycemic Load:11.76, Inflammation Score:-7, Nutrition Score:22.897391355556%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 364.44kcal (18.22%), Fat: 7.55g (11.61%), Saturated Fat: 2.65g (16.54%), Carbohydrates: 49.39g (16.46%), Net Carbohydrates: 35.37g (12.86%), Sugar: 6.92g (7.69%), Cholesterol: 45.9mg (15.3%), Sodium: 1256.17mg (54.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.32g (56.63%), Fiber: 14.02g (56.08%), Phosphorus:

466.63mg (46.66%), Vitamin B6: 0.88mg (43.93%), Manganese: 0.76mg (38.25%), Vitamin B3: 7.19mg (35.96%), Potassium: 1184.52mg (33.84%), Copper: 0.63mg (31.51%), Magnesium: 120.76mg (30.19%), Iron: 5.41mg (30.05%), Zinc: 4.49mg (29.94%), Selenium: 19.96µg (28.51%), Folate: 89.62µg (22.41%), Vitamin B2: 0.29mg (17.26%), Calcium: 167.65mg (16.76%), Vitamin B1: 0.24mg (15.73%), Vitamin C: 10.55mg (12.78%), Vitamin B5: 0.9mg (8.98%), Vitamin E: 1.23mg (8.22%), Vitamin K: 8.4µg (8%), Vitamin B12: 0.35µg (5.79%), Vitamin A: 206.97IU (4.14%), Vitamin D: 0.25µg (1.65%)