



## BBQ Turkey Chili

 Gluten Free

READY IN



510 min.

SERVINGS



30

CALORIES



110 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.8 cup hickory smoke barbecue sauce kraft
- 0.5 cup beer
- 28 oz canned tomatoes diced drained canned
- 0.3 cup chili powder
- 4 cloves garlic finely chopped
- 2 Tbsp ground cumin
- 1 lb ground turkey and turkey sausage italian hot
- 2 Tbsp oil

- 2 onions finely chopped
- 2 tsp oregano leaves dried
- 15 oz kidney and pinto beans rinsed canned
- 1.8 cups cheddar cheese shredded kraft
- 1 Tbsp paprika smoked
- 1 bell pepper red yellow chopped

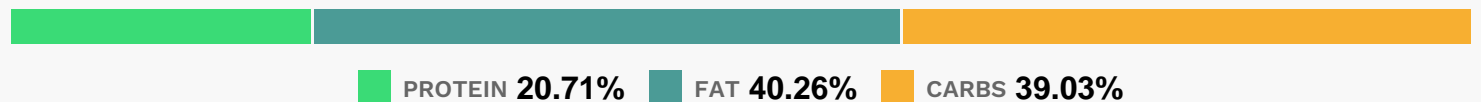
## Equipment

- frying pan
- slow cooker

## Directions

- Heat oil in large skillet on medium heat.
- Add onions, peppers, garlic and seasonings; stir. Cook 10 min., stirring frequently.
- Add meat; mix well, using back of spoon to break sausage into smaller pieces. Cook 5 min. or until meat is done, stirring frequently.
- Add beer; stir to scrape any browned bits from bottom of skillet. Spoon into slow cooker sprayed with cooking spray.
- Stir in tomatoes, beans and barbecue sauce; cover with lid. Cook on LOW 8 hours (or on HIGH 5 hours.)
- Serve topped with cheese.

## Nutrition Facts



## Properties

Glycemic Index:6.83, Glycemic Load:0.93, Inflammation Score:-7, Nutrition Score:7.7752174087193%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg,

Isorhamnetin: 0.37mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg  
Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.64mg, Quercetin:  
1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

## **Nutrients (% of daily need)**

Calories: 110.39kcal (5.52%), Fat: 5.1g (7.84%), Saturated Fat: 1.94g (12.14%), Carbohydrates: 11.12g (3.71%), Net  
Carbohydrates: 8.3g (3.02%), Sugar: 4.22g (4.69%), Cholesterol: 14.61mg (4.87%), Sodium: 328.92mg (14.3%),  
Alcohol: 0.15g (100%), Alcohol %: 0.22% (100%), Protein: 5.9g (11.79%), Vitamin A: 965.79IU (19.32%), Vitamin C:  
13.01mg (15.77%), Iron: 2.8mg (15.56%), Fiber: 2.82g (11.27%), Vitamin B6: 0.21mg (10.29%), Vitamin E: 1.5mg (10.02%),  
Phosphorus: 98.6mg (9.86%), Selenium: 6.78µg (9.69%), Manganese: 0.18mg (9.08%), Folate: 33.69µg (8.42%),  
Calcium: 82.39mg (8.24%), Potassium: 237.17mg (6.78%), Vitamin B2: 0.11mg (6.63%), Zinc: 0.9mg (5.98%), Vitamin  
B3: 1.18mg (5.91%), Magnesium: 23.17mg (5.79%), Vitamin K: 5.49µg (5.22%), Copper: 0.1mg (5.2%), Vitamin B1:  
0.07mg (4.57%), Vitamin B5: 0.27mg (2.71%), Vitamin B12: 0.14µg (2.26%)