



## Bean and Turkey Chili

 **Gluten Free**  **Dairy Free**

READY IN



50 min.

SERVINGS



7

CALORIES



193 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons olive oil
- 1 lb pd of ground turkey lean
- 2 medium jalapeno seeded finely chopped
- 2 cloves garlic finely chopped
- 29 oz tomatoes diced undrained canned
- 15 oz pinto beans rinsed drained canned
- 1 cup water
- 1 cup corn sweet frozen

- 2 tablespoons ancho chili pepper
- 2 teaspoons ground cumin
- 1 teaspoon oregano dried
- 2 tablespoons cilantro leaves fresh chopped

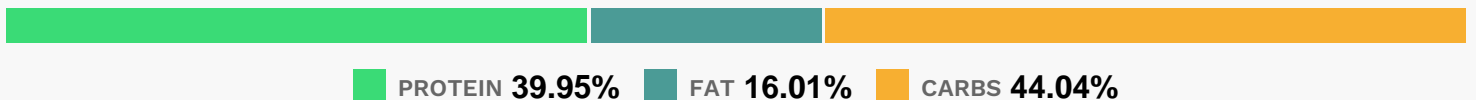
## Equipment

- dutch oven

## Directions

- In 4- to 5-quart Dutch oven, heat oil over medium-high heat.
- Add turkey; cook 5 to 7 minutes, stirring occasionally, until no longer pink.
- Add jalapeño chiles and garlic; cook 2 to 3 minutes, stirring occasionally.
- Stir in tomatoes, beans, water, corn, chile pepper powder, cumin and oregano.
- Heat to boiling. Reduce heat to low; simmer uncovered 25 to 30 minutes, stirring occasionally, until flavors are blended.
- Sprinkle individual servings with cilantro.

## Nutrition Facts



## Properties

Glycemic Index:29.21, Glycemic Load:5.3, Inflammation Score:-8, Nutrition Score:16.856956295345%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

## Nutrients (% of daily need)

Calories: 192.63kcal (9.63%), Fat: 3.63g (5.59%), Saturated Fat: 0.66g (4.13%), Carbohydrates: 22.48g (7.49%), Net Carbohydrates: 16.46g (5.99%), Sugar: 6.35g (7.05%), Cholesterol: 35.64mg (11.88%), Sodium: 370.93mg (16.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.4g (40.8%), Vitamin B6: 0.83mg (41.42%), Vitamin B3: 8.12mg

(40.62%), Vitamin A: 1393.57IU (27.87%), Phosphorus: 254.64mg (25.46%), Fiber: 6.02g (24.1%), Vitamin C: 18.98mg (23%), Selenium: 14.81µg (21.16%), Potassium: 734.37mg (20.98%), Manganese: 0.41mg (20.55%), Iron: 3.4mg (18.9%), Magnesium: 65.24mg (16.31%), Copper: 0.25mg (12.71%), Vitamin B2: 0.21mg (12.54%), Zinc: 1.88mg (12.53%), Vitamin K: 12.94µg (12.33%), Vitamin E: 1.73mg (11.5%), Vitamin B1: 0.16mg (10.4%), Vitamin B5: 1.03mg (10.27%), Folate: 38.28µg (9.57%), Calcium: 82.48mg (8.25%), Vitamin B12: 0.33µg (5.51%), Vitamin D: 0.26µg (1.73%)