

# Best Mexican Turkey Chili

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

READY IN



150 min.

SERVINGS



14

CALORIES



188 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 bay leaves
- 0.5 teaspoon pepper black
- 15.5 ounce black beans rinsed drained canned
- 15.5 ounce kidney beans rinsed drained canned
- 15.5 ounce pinto beans rinsed drained canned
- 15 ounce tomato sauce canned
- 28 ounce canned tomatoes crushed canned
- 2 tablespoons chili powder

- 1 teaspoon parsley dried
- 1 clove garlic minced
- 1 teaspoon ground cumin
- 2 pounds pd of ground turkey
- 0.5 cup onion chopped
- 1 teaspoon oregano dried
- 0.3 cup red wine

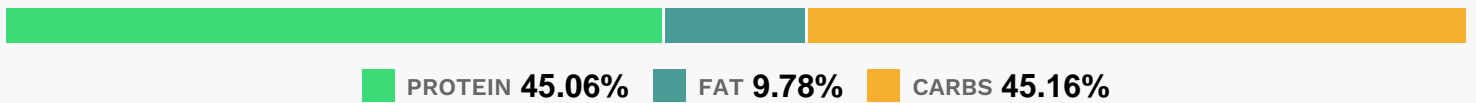
## Equipment

- pot

## Directions

- Cook and stir the ground turkey in a large pot over medium heat until crumbly and no longer pink, about 5 minutes. Stir in the crushed tomatoes, tomato sauce, kidney beans, pinto beans, black beans, onion, garlic, and red wine. Season with chili powder, cumin, parsley, oregano, black pepper, red pepper flakes, and bay leaves. Bring to a simmer over medium-high heat, then reduce heat to medium-low, cover, and simmer 2 hours. Stir the chili occasionally as it simmers.
- Remove and discard bay leaves before serving.

## Nutrition Facts



## Properties

Glycemic Index:21, Glycemic Load:4.9, Inflammation Score:-7, Nutrition Score:16.291739111361%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Malvidin: 0.59mg, Malvidin: 0.59mg, Malvidin: 0.59mg, Malvidin: 0.59mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg

Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg  
Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.04mg,  
Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin:  
0.02mg, Myricetin: 0.02mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

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

Calories: 188.36kcal (9.42%), Fat: 2.11g (3.24%), Saturated Fat: 0.47g (2.94%), Carbohydrates: 21.87g (7.29%), Net  
Carbohydrates: 14.46g (5.26%), Sugar: 4.84g (5.38%), Cholesterol: 35.64mg (11.88%), Sodium: 556.36mg (24.19%),  
Alcohol: 0.45g (100%), Alcohol %: 0.22% (100%), Protein: 21.82g (43.65%), Vitamin B3: 7.88mg (39.42%), Vitamin  
B6: 0.77mg (38.71%), Fiber: 7.4g (29.62%), Phosphorus: 276.97mg (27.7%), Manganese: 0.46mg (23.17%), Selenium:  
15.92µg (22.74%), Potassium: 754.9mg (21.57%), Iron: 3.37mg (18.74%), Copper: 0.35mg (17.57%), Magnesium:  
69.37mg (17.34%), Zinc: 1.98mg (13.2%), Folate: 51.99µg (13%), Vitamin B1: 0.19mg (12.73%), Vitamin A: 615.61IU  
(12.31%), Vitamin E: 1.85mg (12.31%), Vitamin B2: 0.2mg (11.55%), Vitamin C: 9.19mg (11.14%), Vitamin B5: 0.99mg  
(9.85%), Vitamin K: 8.16µg (7.77%), Calcium: 70.26mg (7.03%), Vitamin B12: 0.33µg (5.51%), Vitamin D: 0.26µg  
(1.73%)