



Black Bean, Corn and Turkey Chili



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounces black beans rinsed drained canned
- ☐ 1.8 cups chicken broth organic swanson® (Regular, Natural Goodness™ or Certified)
- ☐ 2 tablespoons chili powder
- ☐ 0.3 teaspoon garlic clove minced
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon pepper black
- ☐ 1 pound pd of ground turkey
- ☐ 1 cup onion chopped

- ☐ 1 teaspoon oregano dried crushed
- ☐ 1 cup salsa pace®
- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon vegetable oil
- ☐ 16 ounces corn whole drained canned

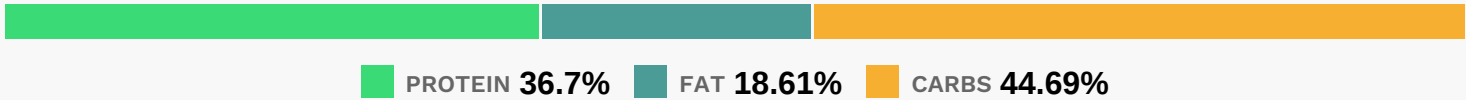
Equipment

- ☐ sauce pan

Directions

- ☐ Heat the oil in a 4-quart saucepan over medium-high heat.
- ☐ Serve with warm restaurant tortilla chips. For dessert serve with sliced watermelon and brownies.

Nutrition Facts



Properties

Glycemic Index:28.18, Glycemic Load:1.99, Inflammation Score:-8, Nutrition Score:17.873478246772%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg

Nutrients (% of daily need)

Calories: 270.45kcal (13.52%), Fat: 5.76g (8.86%), Saturated Fat: 1.04g (6.5%), Carbohydrates: 31.14g (10.38%), Net Carbohydrates: 23.86g (8.68%), Sugar: 5.29g (5.88%), Cholesterol: 42.95mg (14.32%), Sodium: 1018.01mg (44.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.57g (51.14%), Vitamin B3: 9.38mg (46.89%), Vitamin B6: 0.86mg (42.9%), Phosphorus: 314.1mg (31.41%), Fiber: 7.27g (29.09%), Selenium: 19.04µg (27.2%), Potassium: 756.99mg (21.63%), Manganese: 0.42mg (21.17%), Vitamin A: 1033.13IU (20.66%), Folate: 79.61µg (19.9%), Magnesium: 71.31mg (17.83%), Iron: 3.21mg (17.81%), Vitamin B2: 0.27mg (15.65%), Zinc: 2.25mg (14.99%), Copper: 0.29mg (14.33%), Vitamin B1: 0.21mg (13.94%), Vitamin E: 1.89mg (12.6%), Vitamin K: 11.28µg (10.74%), Vitamin B5: 0.95mg (9.52%), Vitamin C: 6.09mg (7.38%), Calcium: 67.81mg (6.78%), Vitamin B12: 0.4µg (6.65%), Vitamin D:

0.3µg (2.02%)