



Black Bean, Corn & Turkey Chili



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounces black beans rinsed drained canned
- ☐ 1.8 cups chicken broth swanson®
- ☐ 2 tablespoons chili powder
- ☐ 0.3 teaspoon garlic powder 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 picante sauce pace®
- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon vegetable oil
- ☐ 15.3 ounces corn whole drained canned

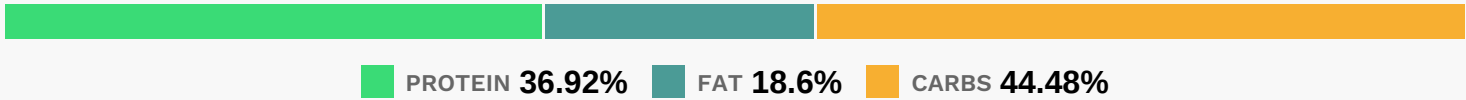
Equipment

- ☐ sauce pan

Directions

- ☐ Heat the oil in a 4-quart saucepan over medium-high heat.
- ☐ Add the turkey, onion, chili powder, cumin, oregano, black pepper and garlic powder. Cook until the turkey is cooked through, stirring often to separate meat.
- ☐ Stir the broth, picante sauce, sugar, beans and corn in the saucepan and heat to a boil. Reduce the heat to low. Cover and cook for 30 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:24.02, Glycemic Load:1.98, Inflammation Score:-8, Nutrition Score:17.829999840778%

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: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 268.06kcal (13.4%), Fat: 5.71g (8.79%), Saturated Fat: 1.03g (6.45%), Carbohydrates: 30.72g (10.24%), Net Carbohydrates: 23.44g (8.52%), Sugar: 5.29g (5.88%), Cholesterol: 42.95mg (14.32%), Sodium: 1012.29mg (44.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.51g (51.01%), Vitamin B3: 9.35mg (46.75%), Vitamin B6: 0.86mg (42.92%), Phosphorus: 312.97mg (31.3%), Fiber: 7.28g (29.13%), Selenium: 19.05µg (27.22%), Potassium: 753.87mg (21.54%), Manganese: 0.42mg (21.03%), Vitamin A: 1033.12IU (20.66%), Folate: 78.63µg (19.66%), Iron:

3.2mg (17.8%), Magnesium: 70.98mg (17.75%), Vitamin B2: 0.27mg (15.62%), Zinc: 2.24mg (14.94%), Copper: 0.29mg (14.29%), Vitamin B1: 0.21mg (13.92%), Vitamin E: 1.89mg (12.61%), Vitamin K: 11.28µg (10.74%), Vitamin B5: 0.95mg (9.52%), Vitamin C: 5.99mg (7.26%), Calcium: 67.61mg (6.76%), Vitamin B12: 0.4µg (6.65%), Vitamin D: 0.3µg (2.02%)