



Black-Bean Turkey Chili



Gluten Free



Dairy Free



Very Healthy

READY IN



90 min.

SERVINGS



1

CALORIES



1796 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons ancho chili powder
- ☐ 1 can black beans drained and rinsed
- ☐ 1 can tomato sauce
- ☐ 1 can canned tomatoes chopped
- ☐ 1 tablespoon chili powder
- ☐ 4 corn tortillas
- ☐ 3 garlic clove minced
- ☐ 1 teaspoon ground cumin

- ☐ 1 pound pd of ground turkey white lean
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 medium onion finely chopped
- ☐ 1 serving salt and pepper freshly ground

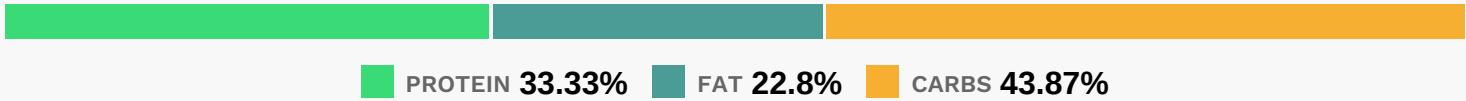
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ In a saucepan, heat the oil.
- ☐ Add the turkey, season with salt and pepper and cook over moderate heat, breaking up the meat, until white throughout, 4 minutes.
- ☐ Add the garlic, onion, chile powders and the cumin and cook, stirring, until fragrant, 5 minutes. Stir in the tomatoes, tomato sauce and 1 cup of water; bring to a simmer. Cook over low heat, stirring occasionally, until thickened, 45 minutes.
- ☐ Add the beans and simmer for 15 minutes.
- ☐ Meanwhile, light a grill or heat a grill pan. Grill the tortillas over moderate heat until soft, 30 seconds per side; wrap in a towel.
- ☐ Season the chili with salt and pepper and serve with the grilled tortillas.

Nutrition Facts



Properties

Glycemic Index:195.5, Glycemic Load:43.33, Inflammation Score:-10, Nutrition Score:85.99478290392%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg

Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 22.49mg, Quercetin: 22.49mg, Quercetin: 22.49mg, Quercetin: 22.49mg

Nutrients (% of daily need)

Calories: 1796.32kcal (89.82%), Fat: 48.26g (74.25%), Saturated Fat: 7.98g (49.89%), Carbohydrates: 208.9g (69.63%), Net Carbohydrates: 144.39g (52.51%), Sugar: 49.73g (55.26%), Cholesterol: 249.48mg (83.16%), Sodium: 6273.09mg (272.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 158.74g (317.47%), Vitamin B6: 6.39mg (319.33%), Vitamin B3: 63.06mg (315.29%), Fiber: 64.51g (258.03%), Phosphorus: 2257.98mg (225.8%), Vitamin A: 11104.94IU (222.1%), Potassium: 6765.14mg (193.29%), Vitamin E: 28.82mg (192.13%), Manganese: 3.6mg (180.19%), Selenium: 125.49µg (179.27%), Iron: 30.74mg (170.78%), Copper: 3.1mg (155.03%), Magnesium: 595.71mg (148.93%), Vitamin C: 108.16mg (131.1%), Vitamin B2: 1.98mg (116.55%), Folate: 443.46µg (110.86%), Vitamin B1: 1.59mg (105.77%), Zinc: 15.67mg (104.44%), Vitamin B5: 8.53mg (85.33%), Vitamin K: 83.75µg (79.76%), Calcium: 621.35mg (62.13%), Vitamin B12: 2.31µg (38.56%), Vitamin D: 1.81µg (12.1%)