



WHATSheATE



## Butternut Squash and Turkey Chili



Gluten Free



Dairy Free



Popular

READY IN



50 min.

SERVINGS



12

CALORIES



173 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 pound butternut squash peeled seeded cut into 1-inch dice
- ☐ 15 ounce kidney beans with liquid canned
- ☐ 8 ounce tomato sauce canned
- ☐ 0.5 cup chicken broth
- ☐ 1 tablespoon chili powder
- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon garlic salt
- ☐ 4.5 ounce chilies green chopped canned

- ☐ 1 tablespoon ground cumin
- ☐ 1 pound ground turkey breast
- ☐ 15.5 ounce hominy white drained canned
- ☐ 2 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 29 ounce canned tomatoes diced canned

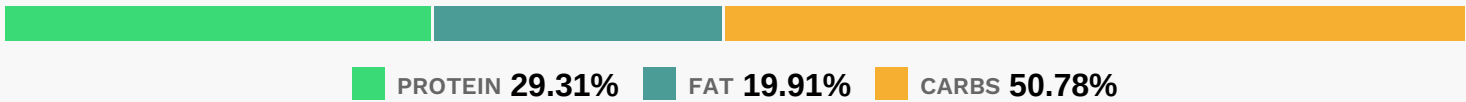
## Equipment

- ☐ pot

## Directions

- ☐ Heat the olive oil in a large pot over medium heat. Stir in the onion and garlic; cook and stir for 3 minutes, then add the turkey, and stir until crumbly and no longer pink.
- ☐ Add the butternut squash, chicken broth, green chilies, tomatoes, kidney beans, hominy, and tomato sauce; season with chili powder, cumin, and garlic salt. Bring to a simmer, then reduce heat to medium-low, cover, and simmer until the squash is tender, about 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:16.42, Glycemic Load:3.73, Inflammation Score:-10, Nutrition Score:16.946956686352%

## Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

## Nutrients (% of daily need)

Calories: 173.12kcal (8.66%), Fat: 4.05g (6.22%), Saturated Fat: 0.65g (4.06%), Carbohydrates: 23.22g (7.74%), Net Carbohydrates: 17.28g (6.28%), Sugar: 6.69g (7.43%), Cholesterol: 20.99mg (7%), Sodium: 695.65mg (30.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.4g (26.81%), Vitamin A: 4461.46IU (89.23%), Vitamin B6: 0.57mg (28.35%), Vitamin B3: 5.47mg (27.35%), Fiber: 5.94g (23.75%), Vitamin C: 18mg (21.82%), Manganese: 0.41mg (20.31%), Phosphorus: 183.99mg (18.4%), Potassium: 636.02mg (18.17%), Vitamin E: 2.34mg (15.59%),

Selenium: 10.87µg (15.53%), Iron: 2.79mg (15.52%), Magnesium: 60.81mg (15.2%), Copper: 0.28mg (13.85%), Vitamin B1: 0.17mg (11.19%), Zinc: 1.63mg (10.89%), Folate: 35.41µg (8.85%), Vitamin B5: 0.86mg (8.56%), Vitamin B2: 0.14mg (8.11%), Vitamin K: 8.28µg (7.89%), Calcium: 69.56mg (6.96%), Vitamin B12: 0.19µg (3.25%), Vitamin D: 0.15µg (1.01%)