



Chili-Flavored Turkey Stew With Hominy and Tomatoes

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

READY IN



45 min.

SERVINGS



6

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce canned tomatoes diced canned
- 14.5 ounce chicken broth canned
- 0.3 cup chili powder
- 2 tablespoons cilantro leaves fresh minced
- 3 large garlic cloves minced
- 2 cups hominy canned drained
- 2 tablespoons olive oil

- 1 large onion cut into medium dice
- 0.5 bell pepper red stemmed seeded cut into small dice
- 6 servings salt and pepper to taste
- 4 cups turkey meat leftover

Equipment

- frying pan

Directions

- Heat oil in a large, deep saute pan over medium-high heat.
- Add onion and bell pepper; cook until soft and golden, about 5 minutes.
- Add garlic and chili powder; continue to cook until fragrant, 1 to 2 minutes longer.
- Add tomatoes, broth and hominy; bring to simmer. Reduce heat to low and simmer, partially covered, about 10 minutes, to blend flavors.
- Add turkey, salt and pepper. Simmer until heated through, about 5 minutes. Stir in cilantro.
- Serve with tortilla or corn chips if you like.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:2.18, Inflammation Score:-10, Nutrition Score:28.132174066875%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.19mg, Quercetin: 5.19mg, Quercetin: 5.19mg, Quercetin: 5.19mg

Nutrients (% of daily need)

Calories: 448.57kcal (22.43%), Fat: 19.26g (29.63%), Saturated Fat: 4.55g (28.45%), Carbohydrates: 21.84g (7.28%), Net Carbohydrates: 15.07g (5.48%), Sugar: 6.22g (6.91%), Cholesterol: 135.99mg (45.33%), Sodium: 1063.81mg

(46.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.72g (95.43%), Vitamin A: 3548.49IU (70.97%), Selenium: 44.84µg (64.06%), Vitamin B3: 12.72mg (63.58%), Vitamin B6: 1.09mg (54.74%), Phosphorus: 395.89mg (39.59%), Vitamin E: 5.77mg (38.44%), Zinc: 5.3mg (35.33%), Vitamin B2: 0.48mg (28.2%), Iron: 5mg (27.75%), Vitamin B12: 1.64µg (27.29%), Fiber: 6.78g (27.1%), Vitamin C: 21.42mg (25.96%), Potassium: 790.03mg (22.57%), Manganese: 0.41mg (20.7%), Magnesium: 82.31mg (20.58%), Copper: 0.38mg (18.89%), Vitamin K: 19.57µg (18.64%), Vitamin B5: 1.32mg (13.19%), Calcium: 93.4mg (9.34%), Vitamin B1: 0.14mg (9.31%), Folate: 31.43µg (7.86%), Vitamin D: 0.44µg (2.95%)