



Chili With Turkey and Beans

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

READY IN



60 min.

SERVINGS



15

CALORIES



214 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce black beans rinsed drained canned
- 16 ounce kidney beans rinsed drained canned
- 15 ounce pinto beans rinsed drained canned
- 0.3 teaspoon cayenne pepper
- 15.5 ounce chili beans sauce undrained canned
- 2 tablespoons chili powder
- 4 cloves garlic crushed
- 1 cup bell pepper green chopped

- 2 teaspoons ground cumin
- 2 pounds pd of ground turkey
- 1 jalapeno seeded chopped
- 1 tablespoon blackstrap molasses
- 1 cube onion bouillon french
- 1 cup onion chopped
- 1 teaspoon oregano dried
- 1 teaspoon salt
- 58 ounce stewed tomatoes diced canned

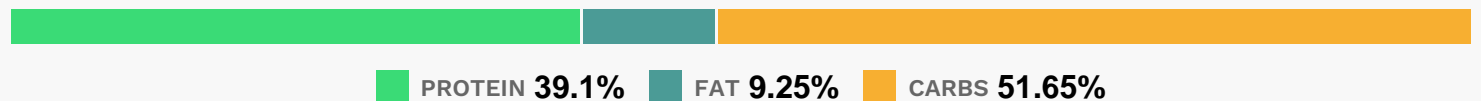
Equipment

- pot
- dutch oven

Directions

- Cook turkey, onion, and green pepper in a large soup pot or Dutch oven over medium heat until turkey is no longer pink, about 10 minutes, stirring often; drain excess grease. Stir stewed tomatoes, chili beans, kidney beans, pinto beans, black beans, jalapeno pepper, garlic, chili powder, molasses, cumin, bouillon cube, oregano, salt, and cayenne pepper into turkey mixture.
- Bring chili to a boil, reduce heat to low, and cover pot. Simmer until vegetables are tender and flavors have blended, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:20.6, Glycemic Load:3.63, Inflammation Score:-7, Nutrition Score:17.691739056421%

Flavonoids

Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 214.27kcal (10.71%), Fat: 2.29g (3.52%), Saturated Fat: 0.49g (3.05%), Carbohydrates: 28.76g (9.59%), Net Carbohydrates: 20.71g (7.53%), Sugar: 8.07g (8.97%), Cholesterol: 33.26mg (11.09%), Sodium: 922.14mg (40.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.78g (43.56%), Vitamin B6: 0.76mg (38.02%), Vitamin B3: 7.4mg (36.98%), Fiber: 8.05g (32.19%), Phosphorus: 304.88mg (30.49%), Vitamin C: 20.56mg (24.92%), Potassium: 867.33mg (24.78%), Iron: 4.35mg (24.18%), Selenium: 15.75µg (22.51%), Copper: 0.41mg (20.53%), Manganese: 0.41mg (20.39%), Magnesium: 80.84mg (20.21%), Zinc: 2.45mg (16.3%), Vitamin B1: 0.2mg (13.6%), Folate: 53.88µg (13.47%), Vitamin B2: 0.22mg (13.16%), Vitamin A: 591.21IU (11.82%), Vitamin E: 1.7mg (11.36%), Calcium: 96.21mg (9.62%), Vitamin B5: 0.84mg (8.39%), Vitamin K: 7.55µg (7.19%), Vitamin B12: 0.31µg (5.19%), Vitamin D: 0.24µg (1.61%)