



Cincinnati Turkey Chili

READY IN



39 min.

SERVINGS



4

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon bottled garlic minced
- ☐ 15 ounce kidney beans rinsed drained canned
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1 tablespoon chili powder
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 1 cup bell pepper green chopped
- ☐ 0.1 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cumin

- ☐ 8 ounces pd of ground turkey lean
- ☐ 1.5 cups prechopped onion divided
- ☐ 1 teaspoon oregano dried
- ☐ 0.3 teaspoon salt
- ☐ 2.5 tablespoons bittersweet chocolate chopped
- ☐ 3 ounces sharp cheddar cheese shredded
- ☐ 4 ounces pasta like spaghetti uncooked
- ☐ 2 tablespoons tomato paste

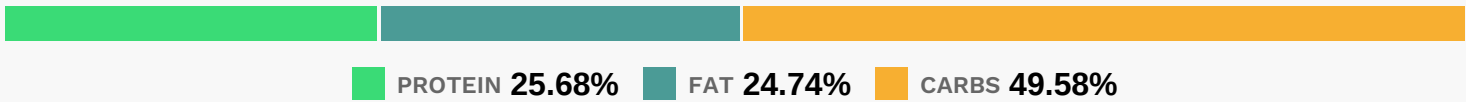
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain; set aside.
- ☐ Heat a Dutch oven over medium-high heat. Coat pan with cooking spray.
- ☐ Add turkey; cook 3 minutes, stirring to crumble.
- ☐ Add 1 cup onion, bell pepper, and garlic; saut 3 minutes. Stir in chili powder and next 5 ingredients (through allspice); cook 1 minute.
- ☐ Add broth, beans, and tomatoes; bring to a boil. Cover, reduce heat, and simmer 20 minutes, stirring occasionally.
- ☐ Remove from heat; stir in chocolate and salt.
- ☐ Serve chili over spaghetti; top with remaining 1/2 cup onion and cheese.

Nutrition Facts



Properties

Glycemic Index:75.25, Glycemic Load:18.27, Inflammation Score:-9, Nutrition Score:30.935217370158%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 13.07mg, Quercetin: 13.07mg, Quercetin: 13.07mg, Quercetin: 13.07mg

Nutrients (% of daily need)

Calories: 482.75kcal (24.14%), Fat: 13.68g (21.04%), Saturated Fat: 6.75g (42.16%), Carbohydrates: 61.69g (20.56%), Net Carbohydrates: 49.35g (17.94%), Sugar: 15.43g (17.14%), Cholesterol: 53.01mg (17.67%), Sodium: 940.99mg (40.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.06mg (2.69%), Protein: 31.95g (63.91%), Manganese: 1.2mg (59.98%), Selenium: 41.38µg (59.12%), Vitamin C: 47.71mg (57.83%), Vitamin B6: 1.06mg (52.8%), Phosphorus: 499.35mg (49.94%), Fiber: 12.35g (49.38%), Vitamin B3: 8.82mg (44.09%), Copper: 0.71mg (35.27%), Potassium: 1190.44mg (34.01%), Magnesium: 126.78mg (31.7%), Iron: 5.57mg (30.94%), Calcium: 278.88mg (27.89%), Vitamin A: 1322.78IU (26.46%), Zinc: 3.74mg (24.93%), Vitamin B1: 0.33mg (22.12%), Vitamin B2: 0.37mg (21.86%), Vitamin E: 2.96mg (19.75%), Vitamin K: 20.28µg (19.31%), Folate: 73.41µg (18.35%), Vitamin B5: 1.36mg (13.62%), Vitamin B12: 0.59µg (9.8%), Vitamin D: 0.35µg (2.36%)