



Drunken Turkey Chili

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



191 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons olive oil extra virgin
- 1 large onion white chopped
- 1 bell pepper red chopped
- 4 cloves garlic minced
- 2 jalapeno minced
- 1 tablespoons paprika smoked
- 2 teaspoons chili powder to taste
- 2 teaspoons ground cumin

- 1 teaspoon pepper black
- 0.3 teaspoon cocoa powder unsweetened
- 1 pound pd of ground turkey lean
- 14.5 ounce canned tomatoes peeled canned
- 16 ounce black beans drained and rinsed canned
- 1 bottle beer light (I used Miller)
- 2 tablespoons soy sauce low-sodium
- 1 bunch cilantro leaves fresh minced

Equipment

- pot
- spatula

Directions

- Gently heat the oil in a large pot. Do not let it smoke!
- Add the onion, bell pepper, garlic, and jalapenos.
- Saute over medium heat until soft, about 5 minutes.
- Add all powdered spices and stir to coat vegetables.
- Add turkey.
- Saute for three or four minutes, until just cooked through. Use your spoon or spatula to break it up.
- Drain the juice from the peeled tomatoes into your chili pot. Then finely chop the tomatoes and add them as well. Stir.
- Add the black beans, the beer, and the soy sauce. Stir.
- Add cilantro and stir well.
- Cover and allow to simmer over low heat for five to ten minutes. Then turn off the heat and let it rest for about fifteen minutes before serving.
- Optional
- Garnishes: Top with low-fat sour cream, grated cheese, avocado slices, chopped green onions, or anything else that suits your fancy! I love to eat it with tortilla chips.

Nutrition Facts

PROTEIN 39.15% FAT 25.03% CARBS 35.82%

Properties

Glycemic Index:25.63, Glycemic Load:0.82, Inflammation Score:-8, Nutrition Score:15.929565217391%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg

Nutrients (% of daily need)

Calories: 190.68kcal (9.53%), Fat: 5.25g (8.07%), Saturated Fat: 0.88g (5.49%), Carbohydrates: 16.89g (5.63%), Net Carbohydrates: 11.04g (4.02%), Sugar: 3.01g (3.34%), Cholesterol: 31.18mg (10.39%), Sodium: 477.75mg (20.77%), Alcohol: 1.32g (7.32%), Protein: 18.46g (36.92%), Vitamin C: 31.68mg (38.4%), Vitamin B6: 0.73mg (36.38%), Vitamin B3: 6.84mg (34.2%), Vitamin A: 1234.96IU (24.7%), Fiber: 5.85g (23.4%), Phosphorus: 231.8mg (23.18%), Selenium: 14.05µg (20.08%), Manganese: 0.34mg (17.02%), Potassium: 582.64mg (16.65%), Iron: 2.89mg (16.03%), Folate: 60.23µg (15.06%), Magnesium: 56.36mg (14.09%), Vitamin B2: 0.21mg (12.52%), Vitamin E: 1.76mg (11.76%), Vitamin B1: 0.17mg (11.38%), Copper: 0.22mg (11%), Zinc: 1.6mg (10.64%), Vitamin K: 9.84µg (9.37%), Vitamin B5: 0.82mg (8.15%), Calcium: 59.02mg (5.9%), Vitamin B12: 0.3µg (4.96%), Vitamin D: 0.23µg (1.51%)