



Easy Spicy Turkey Chili

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



629 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaves
- 28 ounce cannellini beans drained and rinsed canned
- 28 ounce canned tomatoes diced canned
- 0.1 teaspoon ground pepper
- 3 tablespoons chili powder
- 2 medium garlic clove coarsely chopped
- 0.1 teaspoon ground cinnamon
- 0.5 teaspoon ground cumin

- 1 pound pd of ground turkey
- 2 teaspoons kosher salt as needed plus more
- 1 cup chicken broth low-sodium
- 0.5 teaspoon oregano dried
- 1 medium bell pepper red
- 6 servings cheddar cheese shredded
- 6 servings cream sour
- 6 servings tortilla chips
- 2 tablespoons vegetable oil
- 1 medium onion yellow

Equipment

- wooden spoon
- dutch oven

Directions

- Heat the oil in a large pot or Dutch oven over medium heat until shimmering.
- Add the bell pepper, onion, and garlic, season with salt, and cook, stirring occasionally, until the vegetables have softened, about 5 to 8 minutes. Increase the heat to medium high, add the turkey, and cook, breaking it up into smaller pieces with a wooden spoon, until it's no longer pink and is just cooked through, about 4 to 6 minutes.
- Add the chili powder, measured salt, oregano, cumin, cayenne, and cinnamon, stir to coat the turkey and vegetables, and cook until fragrant, about 1 minute.
- Add the tomatoes and their juices as well as the broth or stock, stir to combine, and bring to a simmer.
- Add the beans and return to a simmer. Reduce the heat to medium low, add the bay leaf, and simmer, stirring occasionally, until the flavors meld, about 30 minutes.
- Remove the bay leaf. Taste and season with additional salt as needed.
- Serve with the cheese, sour cream, and chips, for topping.

Nutrition Facts

PROTEIN 24.94% FAT 35.89% CARBS 39.17%

Properties

Glycemic Index:38.67, Glycemic Load:10.36, Inflammation Score:-10, Nutrition Score:36.835652133693%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 629.13kcal (31.46%), Fat: 26.03g (40.04%), Saturated Fat: 9.17g (57.3%), Carbohydrates: 63.92g (21.31%), Net Carbohydrates: 51.28g (18.65%), Sugar: 8.91g (9.9%), Cholesterol: 78.66mg (26.22%), Sodium: 1366.16mg (59.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.7g (81.41%), Vitamin B6: 1.2mg (60.25%), Phosphorus: 580.9mg (58.09%), Manganese: 1.09mg (54.41%), Vitamin B3: 10.61mg (53.06%), Fiber: 12.64g (50.57%), Vitamin A: 2510.42IU (50.21%), Vitamin C: 39.42mg (47.78%), Selenium: 30.88µg (44.11%), Iron: 7.85mg (43.6%), Potassium: 1491.14mg (42.6%), Calcium: 425.23mg (42.52%), Vitamin E: 6.27mg (41.83%), Magnesium: 160.68mg (40.17%), Copper: 0.71mg (35.46%), Folate: 133.87µg (33.47%), Zinc: 5.02mg (33.45%), Vitamin K: 32.32µg (30.78%), Vitamin B2: 0.44mg (26.08%), Vitamin B1: 0.36mg (23.74%), Vitamin B5: 1.9mg (19.02%), Vitamin B12: 0.77µg (12.8%), Vitamin D: 0.48µg (3.22%)