



Easy Turkey Chili

 Gluten Free

READY IN



33 min.

SERVINGS



4

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15.5 oz kidney beans rinsed canned
- 14.5 oz canned tomatoes diced drained canned
- 1 Tbsp chili powder
- 8 6-inch corn tortillas warmed ()
- 1 onion chopped
- 0.5 cup salsa
- 1 cup milk sharp cheddar cheese shredded 2% kraft
- 2 cups turkey leftover cooked chopped

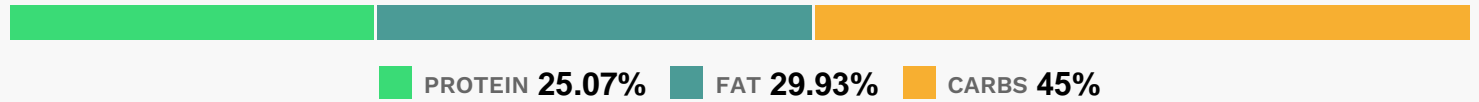
Equipment

frying pan

Directions

- Cook onions in large skillet sprayed with cooking spray on medium-high heat 5 min. or until crisp-tender, stirring occasionally.
- Add next 4 ingredients; stir. Bring to boil. Stir in turkey; cover. Simmer on medium-low heat 10 min.
- Top with cheese.
- Remove from heat.
- Let stand, covered, 3 min. or until cheese is melted.
- Serve with tortillas.

Nutrition Facts



Properties

Glycemic Index:39.13, Glycemic Load:16.25, Inflammation Score:-8, Nutrition Score:23.642608808435%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

Nutrients (% of daily need)

Calories: 431.21kcal (21.56%), Fat: 14.79g (22.76%), Saturated Fat: 6.55g (40.95%), Carbohydrates: 50.04g (16.68%), Net Carbohydrates: 38.16g (13.88%), Sugar: 7.61g (8.45%), Cholesterol: 64.03mg (21.34%), Sodium: 939.1mg (40.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.88g (55.75%), Phosphorus: 543.96mg (54.4%), Fiber: 11.87g (47.5%), Vitamin B6: 0.77mg (38.26%), Manganese: 0.68mg (34.17%), Selenium: 23.9µg (34.15%), Calcium: 333.06mg (33.31%), Vitamin B3: 6.49mg (32.45%), Magnesium: 112.36mg (28.09%), Potassium: 871.62mg (24.9%), Vitamin B2: 0.42mg (24.53%), Zinc: 3.63mg (24.17%), Vitamin A: 1181.72IU (23.63%), Iron: 4.02mg (22.35%), Copper: 0.41mg (20.6%), Vitamin B1: 0.27mg (18.18%), Vitamin C: 13.1mg (15.88%), Vitamin E: 2.29mg (15.25%),

Vitamin B12: 0.91µg (15.1%), Folate: 55.88µg (13.97%), Vitamin K: 11.75µg (11.19%), Vitamin B5: 0.96mg (9.58%),
Vitamin D: 0.32µg (2.12%)