



Fiesta Chili

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

READY IN



70 min.

SERVINGS



4

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6.4 ounces bacon chopped
- 15 ounce black beans rinsed drained canned
- 16 ounce kidney beans rinsed drained canned
- 14.5 ounce canned tomatoes chopped canned
- 0.1 teaspoon cayenne pepper
- 0.3 teaspoon chili powder
- 0.3 cup bell pepper green chopped
- 0.3 teaspoon ground cumin

- 12.8 ounces pd of ground turkey
- 1 medium jalapeno minced seeded
- 0.3 cup onion chopped
- 0.3 teaspoon salt

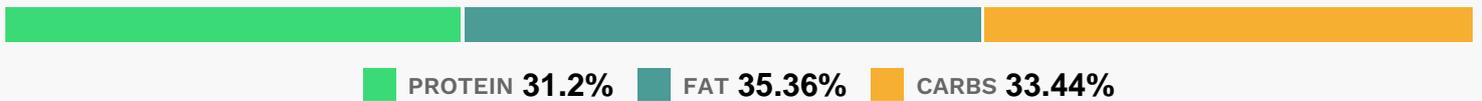
Equipment

- oven
- pot
- baking pan

Directions

- Preheat oven to 450 degrees F (230 degrees C).
- Mix turkey, bacon, onion, bell pepper, and jalapeno pepper in a baking dish.
- Bake in preheated oven, stirring occasionally, until the turkey is completely browned and the bacon is crisp, about 15 minutes.
- Stir kidney beans, black beans, tomatoes, chili powder, cumin, salt, and cayenne pepper together in a large pot; bring to a boil and reduce heat to medium-low.
- Stir turkey mixture into the beans mixture. Cook chili at a simmer, stirring occasionally, until the beans are tender, about 40 minutes.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:8.01, Inflammation Score:-8, Nutrition Score:29.868695518245%

Flavonoids

Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg

Nutrients (% of daily need)

Calories: 519kcal (25.95%), Fat: 20.79g (31.99%), Saturated Fat: 6.67g (41.69%), Carbohydrates: 44.24g (14.75%), Net Carbohydrates: 28.44g (10.34%), Sugar: 7.43g (8.26%), Cholesterol: 79.52mg (26.51%), Sodium: 1327.78mg (57.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.28g (82.57%), Vitamin B3: 13.19mg (65.96%), Fiber: 15.8g (63.19%), Vitamin B6: 1.25mg (62.51%), Phosphorus: 544.95mg (54.49%), Selenium: 32.4µg (46.29%), Manganese: 0.81mg (40.59%), Potassium: 1324.95mg (37.86%), Vitamin B1: 0.54mg (35.96%), Iron: 5.83mg (32.37%), Copper: 0.64mg (32.23%), Magnesium: 126.61mg (31.65%), Vitamin C: 25.67mg (31.11%), Folate: 118.81µg (29.7%), Zinc: 3.73mg (24.84%), Vitamin B2: 0.4mg (23.43%), Vitamin B5: 1.71mg (17.08%), Vitamin E: 1.8mg (11.98%), Calcium: 115.42mg (11.54%), Vitamin B12: 0.69µg (11.45%), Vitamin K: 11.66µg (11.11%), Vitamin A: 401.55IU (8.03%), Vitamin D: 0.54µg (3.61%)