



## White Turkey Chili

 Gluten Free

READY IN



45 min.

SERVINGS



11

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4.5 ounce chilis green chopped canned
- ☐ 38 ounce cannellini beans white divided drained canned
- ☐ 0.5 cup celery chopped
- ☐ 1 teaspoon chili powder
- ☐ 1 cup corn kernels frozen
- ☐ 32 ounce fat-skimmed beef broth fat-free canned
- ☐ 0.5 cup cilantro leaves fresh chopped

- ☐ 1 garlic clove minced
- ☐ 1.5 teaspoons ground cumin
- ☐ 1 tablespoon jalapeno minced seeded
- ☐ 1 cup milk 1% low-fat
- ☐ 1 tablespoon butter
- ☐ 1.5 cups onion chopped
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.5 teaspoon salt
- ☐ 15 ounces turkey cooked chopped

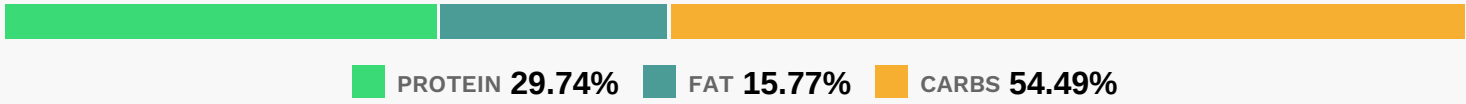
## Equipment

- ☐ dutch oven

## Directions

- ☐ Melt the margarine in a large Dutch oven over medium-high heat.
- ☐ Add onion and next 4 ingredients (onion through garlic), and saut 5 minutes.
- ☐ Add turkey, 1 1/2 cups beans, broth, and next 6 ingredients (broth through black pepper), and bring to a boil. Cover, reduce heat, and simmer 15 minutes.
- ☐ Mash remaining beans.
- ☐ Add mashed beans and milk to the turkey mixture. Simmer, uncovered, 20 minutes or until mixture is thick, stirring frequently. Stir in chopped cilantro.

## Nutrition Facts



## Properties

Glycemic Index:23, Glycemic Load:5.59, Inflammation Score:-7, Nutrition Score:14.022608694823%

## Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg

Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg

Nutrients (% of daily need)

Calories: 198.2kcal (9.91%), Fat: 3.56g (5.48%), Saturated Fat: 0.88g (5.47%), Carbohydrates: 27.7g (9.23%), Net Carbohydrates: 21.75g (7.91%), Sugar: 3.51g (3.9%), Cholesterol: 20.83mg (6.94%), Sodium: 584.31mg (25.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.12g (30.24%), Manganese: 0.6mg (30.1%), Fiber: 5.95g (23.8%), Folate: 88.45µg (22.11%), Iron: 3.8mg (21.09%), Vitamin C: 16.55mg (20.07%), Potassium: 673.67mg (19.25%), Phosphorus: 191.24mg (19.12%), Vitamin B6: 0.35mg (17.32%), Magnesium: 67.96mg (16.99%), Vitamin B3: 3.08mg (15.4%), Copper: 0.29mg (14.42%), Selenium: 10.04µg (14.34%), Zinc: 1.84mg (12.29%), Calcium: 121.73mg (12.17%), Vitamin B12: 0.63µg (10.53%), Vitamin B2: 0.17mg (10.06%), Vitamin B1: 0.15mg (10.03%), Vitamin A: 478.79IU (9.58%), Vitamin E: 1.13mg (7.5%), Vitamin B5: 0.72mg (7.16%), Vitamin K: 7.42µg (7.07%), Vitamin D: 0.32µg (2.12%)