



Firehouse Station 2 Healthy Chili



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



15

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup barbeque sauce
- ☐ 1 pound bulk sausage italian hot
- ☐ 15 ounce black beans canned
- ☐ 60 ounce tomatoes diced canned
- ☐ 8 ounce chile peppers green chopped canned
- ☐ 30 ounce chili beans sauce canned
- ☐ 0.3 cup chili powder to taste
- ☐ 30 ounce beans in chili sauce red canned

- ☐ 15 ounce regular corn white yellow drained canned
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 bell peppers diced green
- ☐ 0.3 cup ground cumin to taste
- ☐ 2.5 pounds pd of ground turkey lean
- ☐ 2 bell peppers diced red
- ☐ 1 tablespoon pepper flakes red

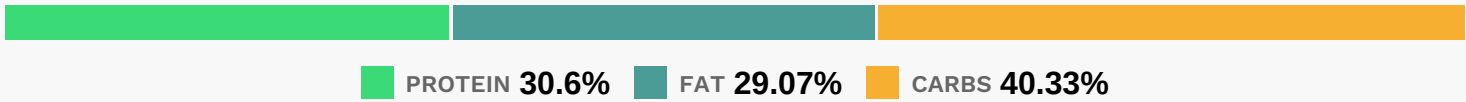
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Brown turkey and Italian sausage in a large skillet over medium heat, cooking and stirring until meat is crumbly and no longer pink, about 10 minutes.
- ☐ Add green and red bell peppers to meat; cook and stir until peppers are soft and excess liquid has evaporated, about 10 more minutes.
- ☐ Mix diced tomatoes, chili beans, red beans in chili sauce, yellow and white corn, black beans, chopped green chiles, barbeque sauce, cumin, chili powder, parsley, and red pepper flakes in a large soup pot.
- ☐ Place over medium heat, bring to a boil, and reduce heat to low. Simmer chili for 20 minutes. Stir turkey mixture into chili and simmer 15 more minutes to blend flavors.

Nutrition Facts



Properties

Glycemic Index:10.6, Glycemic Load:3.18, Inflammation Score:-9, Nutrition Score:31.900434887928%

Flavonoids

Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 417.18kcal (20.86%), Fat: 14.04g (21.61%), Saturated Fat: 4.2g (26.22%), Carbohydrates: 43.84g (14.61%), Net Carbohydrates: 31.67g (11.52%), Sugar: 13.54g (15.05%), Cholesterol: 64.56mg (21.52%), Sodium: 1327.21mg (57.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.26g (66.51%), Vitamin B6: 1.33mg (66.63%), Vitamin C: 54.08mg (65.55%), Vitamin B3: 11.35mg (56.74%), Fiber: 12.17g (48.67%), Phosphorus: 484.34mg (48.43%), Iron: 8.29mg (46.05%), Vitamin A: 2155.79IU (43.12%), Selenium: 27.58µg (39.4%), Potassium: 1333.75mg (38.11%), Manganese: 0.66mg (32.91%), Vitamin B1: 0.48mg (31.68%), Magnesium: 126.44mg (31.61%), Zinc: 4.3mg (28.65%), Copper: 0.54mg (27.12%), Vitamin B2: 0.45mg (26.33%), Folate: 89.28µg (22.32%), Vitamin E: 3.21mg (21.37%), Vitamin K: 17.39µg (16.57%), Calcium: 150.51mg (15.05%), Vitamin B5: 1.43mg (14.27%), Vitamin B12: 0.67µg (11.11%), Vitamin D: 0.3µg (2.02%)