



Ground Turkey Chili

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 16 ounce kidney beans drained and rinsed canned
- ☐ 15.5 ounce beans red drained and rinsed canned
- ☐ 15 ounce tomato sauce canned
- ☐ 14.5 ounce canned tomatoes whole undrained coarsely chopped canned
- ☐ 1 tablespoon chili powder (such as Mexene)
- ☐ 0.3 cup hot-brewed coffee hot brewed
- ☐ 4 garlic cloves minced

- ☐ 1 pound ground turkey breast
- ☐ 0.8 cup beer light
- ☐ 1 tablespoon olive oil
- ☐ 2.5 cups onion chopped
- ☐ 1.5 cups water

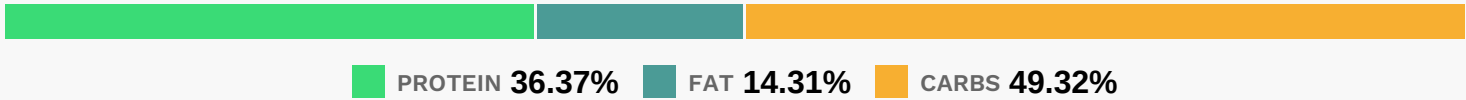
Equipment

- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add chopped onion and garlic; saut 3 minutes.
- ☐ Add ground turkey; cook 6 minutes, stirring to crumble. Stir in water and next 6 ingredients (water through tomatoes), and bring to a boil. Reduce heat; simmer, uncovered, 45 minutes, stirring occasionally. Stir in beer and coffee; simmer 10 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:11.57, Inflammation Score:-8, Nutrition Score:24.03260877858%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin:
0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin:
0.02mg Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg Kaempferol:
0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.06mg, Myricetin: 0.06mg,
Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 13.57mg, Quercetin: 13.57mg, Quercetin: 13.57mg, Quercetin:
13.57mg

Nutrients (% of daily need)

Calories: 307.09kcal (15.35%), Fat: 5.02g (7.72%), Saturated Fat: 0.92g (5.75%), Carbohydrates: 38.92g (12.97%),
Net Carbohydrates: 27g (9.82%), Sugar: 11.26g (12.51%), Cholesterol: 41.58mg (13.86%), Sodium: 875.29mg

(38.06%), Alcohol: 0.91g (100%), Alcohol %: 0.22% (100%), Caffeine: 5.27mg (1.76%), Protein: 28.7g (57.39%), Vitamin B6: 1.08mg (54.11%), Vitamin B3: 10mg (50.01%), Fiber: 11.91g (47.65%), Phosphorus: 400.89mg (40.09%), Manganese: 0.8mg (39.82%), Potassium: 1166.35mg (33.32%), Selenium: 20.19µg (28.85%), Copper: 0.53mg (26.37%), Magnesium: 102.66mg (25.67%), Iron: 4.45mg (24.72%), Vitamin C: 18.02mg (21.84%), Vitamin B1: 0.31mg (20.96%), Vitamin E: 2.82mg (18.81%), Folate: 75.18µg (18.79%), Zinc: 2.8mg (18.67%), Vitamin B2: 0.31mg (18.12%), Vitamin A: 870.39IU (17.41%), Vitamin K: 14.98µg (14.27%), Vitamin B5: 1.42mg (14.17%), Calcium: 105.61mg (10.56%), Vitamin B12: 0.39µg (6.52%), Vitamin D: 0.3µg (2.02%)