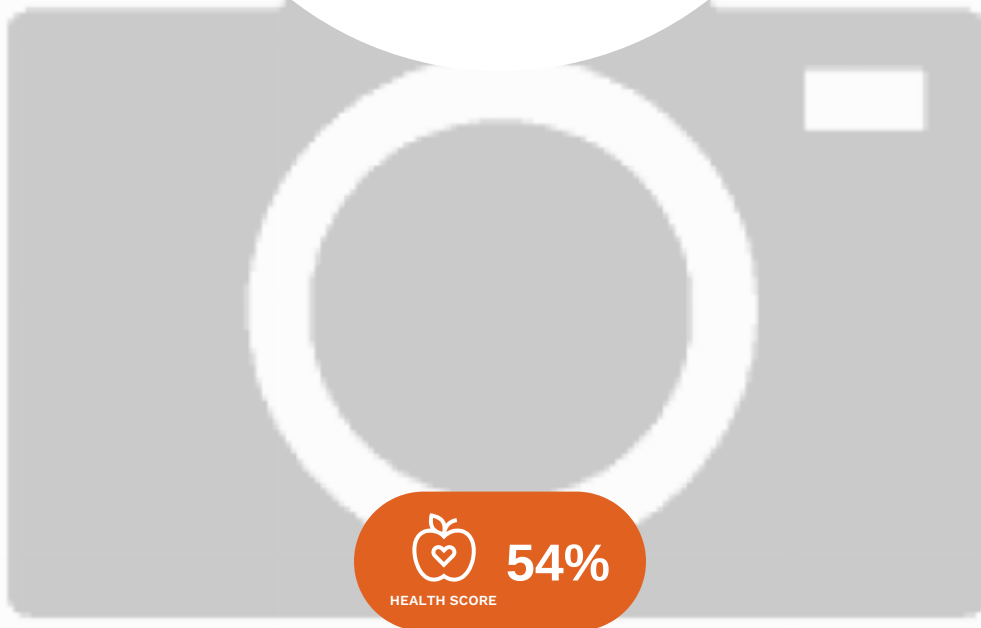




 **54%**
HEALTH SCORE

Healthy Turkey Tex Mex Chili

 **Gluten Free**

READY IN



75 min.

SERVINGS



4

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups black beans dry
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.5 teaspoon chipotle chile powder
- ☐ 1 tablespoon chili powder
- ☐ 3 ears corn
- ☐ 1 tablespoon garlic powder
- ☐ 1 bunch green onions diced

- ☐ 1 pound pd of ground turkey
- ☐ 1 tablespoon hungarian paprika
- ☐ 1 tablespoon maple syrup
- ☐ 1 tablespoon blackstrap molasses
- ☐ 2 tablespoons olive oil
- ☐ 8 ounce yogurt plain
- ☐ 4 servings sea salt to taste
- ☐ 1 large onion sweet chopped

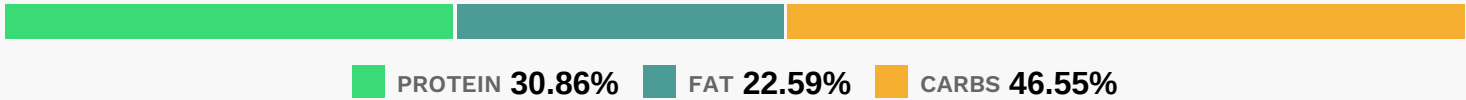
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Put black beans in a large pot with water water to cover; bring to a boil. Reduce heat to medium-low and cook at a simmer until tender, 30 to 40 minutes; drain. Return beans to the pot.
- ☐ Heat olive oil in a large cast-iron skillet over medium heat. Cook and stir turkey in the hot oil until completely browned, about 10 minutes; add sweet onion and continue cooking and stirring until the onion is translucent, about 10 minutes more.
- ☐ Add to the black beans.
- ☐ Stir tomatoes, corn kernels, maple syrup, molasses, Hungarian paprika, chili powder, garlic powder, chipotle chile powder, cayenne pepper, and sea salt into the black bean mixture; bring to a simmer and cook until heated through, 15 to 20 minutes. Top servings of chili with yogurt and green onions.

Nutrition Facts



Properties

Glycemic Index:62.88, Glycemic Load:10.56, Inflammation Score:-10, Nutrition Score:38.554782763771%

Flavonoids

Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 12.66mg, Quercetin: 12.66mg, Quercetin: 12.66mg, Quercetin: 12.66mg

Nutrients (% of daily need)

Calories: 506.18kcal (25.31%), Fat: 13.53g (20.81%), Saturated Fat: 3.2g (20.02%), Carbohydrates: 62.71g (20.9%), Net Carbohydrates: 49.38g (17.96%), Sugar: 27.27g (30.3%), Cholesterol: 69.74mg (23.25%), Sodium: 596.2mg (25.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.57g (83.14%), Vitamin B6: 1.66mg (82.76%), Vitamin B3: 15.62mg (78.12%), Phosphorus: 571.41mg (57.14%), Manganese: 1.12mg (55.85%), Fiber: 13.33g (53.32%), Potassium: 1719.75mg (49.14%), Folate: 188.66µg (47.16%), Magnesium: 179.13mg (44.78%), Selenium: 31.03µg (44.32%), Vitamin A: 2208.84IU (44.18%), Vitamin B1: 0.56mg (37.34%), Iron: 6.61mg (36.73%), Copper: 0.72mg (36.24%), Vitamin C: 28.38mg (34.4%), Vitamin E: 5.02mg (33.48%), Vitamin K: 31.34µg (29.85%), Vitamin B2: 0.51mg (29.84%), Zinc: 4.3mg (28.7%), Vitamin B5: 2.61mg (26.13%), Calcium: 207.38mg (20.74%), Vitamin B12: 0.79µg (13.14%), Vitamin D: 0.51µg (3.4%)