



WHATSheATE



Hearty Turkey Chili



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz regular corn drained canned
- ☐ 15.5 oz kidney beans canned
- ☐ 14.5 oz canned tomatoes diced canned
- ☐ 1 cup celery chopped
- ☐ 6 servings optional: cheddar cheese shredded
- ☐ 1 tablespoon chili powder
- ☐ 1 pound pd of ground turkey
- ☐ 1 onion chopped

- ☐ 1 teaspoon salt
- ☐ 1.5 cups water

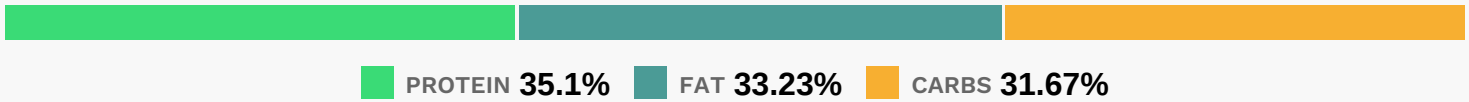
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Combine all ingredients except cheese in a stockpot. Bring mixture to a boil; cover, reduce heat and simmer until celery is tender, stirring occassionally. Spoon into bowls; top with shredded Cheddar cheese, if desired.

Nutrition Facts



Properties

Glycemic Index:29.33, Glycemic Load:5.68, Inflammation Score:-8, Nutrition Score:20.969999883486%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 354.21kcal (17.71%), Fat: 13.38g (20.59%), Saturated Fat: 6.41g (40.07%), Carbohydrates: 28.69g (9.56%), Net Carbohydrates: 22.46g (8.17%), Sugar: 5.57g (6.19%), Cholesterol: 71.58mg (23.86%), Sodium: 1054.8mg (45.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.8g (63.59%), Vitamin B3: 9.34mg (46.68%), Phosphorus: 450.98mg (45.1%), Vitamin B6: 0.89mg (44.62%), Selenium: 26.85µg (38.35%), Calcium: 277.68mg (27.77%), Fiber: 6.23g (24.91%), Potassium: 816.1mg (23.32%), Zinc: 3.39mg (22.58%), Manganese: 0.45mg (22.52%), Magnesium: 79.77mg (19.94%), Vitamin B2: 0.33mg (19.65%), Vitamin A: 938.08IU (18.76%), Folate: 70.77µg (17.69%), Copper: 0.34mg (17.24%), Iron: 2.9mg (16.1%), Vitamin B1: 0.21mg (14.03%), Vitamin K: 13.77µg (13.11%), Vitamin C: 9.98mg (12.1%), Vitamin B12: 0.7µg (11.73%), Vitamin B5: 1.15mg (11.51%), Vitamin E: 1.71mg (11.38%), Vitamin D: 0.48µg (3.22%)