



Popa's Simple White Chili

 **Gluten Free**  **Dairy Free**

READY IN



85 min.

SERVINGS



10

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 43.5 ounce cannellini beans drained canned
- 1 tablespoon chicken stock cube low-sodium better than bouillon® (such as)
- 1 bunch cilantro leaves fresh finely chopped
- 1 tablespoon sea salt
- 8 ounce chiles diced green undrained canned
- 28 ounce enchilada sauce green canned
- 0.3 teaspoon ground cumin
- 1.3 pounds pd of ground turkey

- 1 onion diced
- 2 teaspoons mexican oregano dried
- 3 cups water boiling

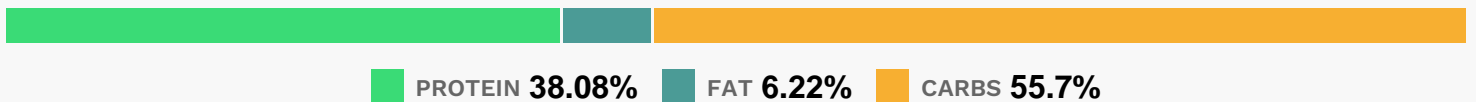
Equipment

- bowl
- dutch oven

Directions

- Crumble ground turkey into a Dutch oven over medium heat; cook and stir until turkey is browned, 10 to 15 minutes.
- Drain and discard any excess grease.
- Stir chicken base and boiling water together in a bowl until base is dissolved; pour over cooked ground turkey.
- Add Great Northern beans, enchilada sauce, green chiles, chopped onion, granulated garlic, cumin, and oregano; stir well. Simmer until flavors have blended, about 1 hour. Spoon chili into bowls.
- Combine cilantro and diced onion in a bowl; sprinkle over chili for serving.

Nutrition Facts



Properties

Glycemic Index:7.4, Glycemic Load:0.26, Inflammation Score:-8, Nutrition Score:16.429565147213%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

Nutrients (% of daily need)

Calories: 250.42kcal (12.52%), Fat: 1.77g (2.72%), Saturated Fat: 0.46g (2.88%), Carbohydrates: 35.6g (11.87%), Net Carbohydrates: 27.37g (9.95%), Sugar: 5.89g (6.55%), Cholesterol: 31.25mg (10.42%), Sodium: 936.5mg (40.72%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.34g (48.68%), Vitamin B6: 0.68mg (33.82%), Fiber: 8.23g (32.94%), Vitamin B3: 6.28mg (31.38%), Phosphorus: 307.47mg (30.75%), Folate: 120.75µg (30.19%), Manganese: 0.55mg (27.72%), Selenium: 18.07µg (25.81%), Magnesium: 84.42mg (21.11%), Iron: 3.42mg (18.99%), Potassium: 663mg (18.94%), Vitamin B1: 0.22mg (14.96%), Vitamin C: 12.01mg (14.55%), Copper: 0.25mg (12.74%), Vitamin A: 633.86IU (12.68%), Zinc: 1.89mg (12.58%), Vitamin B5: 0.89mg (8.92%), Calcium: 88.84mg (8.88%), Vitamin B2: 0.15mg (8.83%), Vitamin B12: 0.29µg (4.84%), Vitamin K: 5.02µg (4.78%), Vitamin D: 0.23µg (1.51%)