



Pumpkin and White Bean Turkey Chili with Kale and Pepita Salsa



Gluten Free



Dairy Free



Popular

READY IN



60 min.

SERVINGS



6

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups pumpkin ale
- ☐ 1 bell pepper diced
- ☐ 15 ounce pumpkin puree canned
- ☐ 15 ounce canned tomatoes diced canned
- ☐ 15 ounce beans white rinsed drained canned
- ☐ 2 chipotle chilies in adobo chopped to taste (or)
- ☐ 1 handful cilantro leaves coarsely chopped

- ☐ 1 teaspoon cumin
- ☐ 2 cloves garlic
- ☐ 3 cloves garlic chopped
- ☐ 1 pound pd of ground turkey (or chicken)
- ☐ 1 jalapeño coarsely chopped
- ☐ 4 cups kale coarsely chopped
- ☐ 2 tablespoons juice of lime (- 1 lime)
- ☐ 1 tablespoon oil
- ☐ 0.3 cup olive oil
- ☐ 1 onion diced
- ☐ 1 teaspoon oregano
- ☐ 0.3 cup pepitas toasted
- ☐ 1 teaspoon pumpkin pie spice
- ☐ 6 servings salt to taste
- ☐ 6 servings salt and pepper to taste

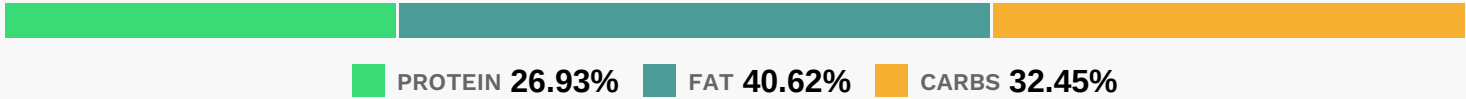
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Cook the ground turkey in a large pan over medium-high heat, about 15 minutes, and set aside.
- ☐ Heat the oil in a pan over medium-high heat, add the onion, cook for 5 minutes, add the bell pepper and cook until the onion is tender, about 3-5 minutes.
- ☐ Add the garlic and cumin and cook until fragrant, about a minute.
- ☐ Add the beans, tomatoes, pumpkin puree, broth, oregano, spices and chipotle in adobo, bring to a boil, reduce the heat and simmer for 25 minutes
- ☐ Puree everything in a food processor.

Nutrition Facts



Properties

Glycemic Index:50.67, Glycemic Load:5.98, Inflammation Score:-10, Nutrition Score:33.307826166568%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 4.22mg, Isorhamnetin: 4.22mg, Isorhamnetin: 4.22mg, Isorhamnetin: 4.22mg Kaempferol: 6.68mg, Kaempferol: 6.68mg, Kaempferol: 6.68mg, Kaempferol: 6.68mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg

Nutrients (% of daily need)

Calories: 388.36kcal (19.42%), Fat: 18.33g (28.2%), Saturated Fat: 2.7g (16.9%), Carbohydrates: 32.95g (10.98%), Net Carbohydrates: 23.8g (8.65%), Sugar: 8.35g (9.28%), Cholesterol: 43.15mg (14.38%), Sodium: 828.53mg (36.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.34g (54.69%), Vitamin A: 13307.2IU (266.14%), Vitamin K: 86.63µg (82.51%), Vitamin C: 54.71mg (66.31%), Manganese: 1.03mg (51.48%), Vitamin B6: 1mg (50.05%), Vitamin B3: 9.33mg (46.65%), Fiber: 9.15g (36.59%), Phosphorus: 345.78mg (34.58%), Vitamin E: 5.08mg (33.85%), Iron: 5.91mg (32.83%), Potassium: 1089.16mg (31.12%), Magnesium: 118.08mg (29.52%), Selenium: 19.79µg (28.27%), Copper: 0.5mg (24.88%), Folate: 95.19µg (23.8%), Zinc: 2.91mg (19.39%), Vitamin B2: 0.31mg (18.29%), Vitamin B1: 0.25mg (16.97%), Calcium: 159.07mg (15.91%), Vitamin B5: 1.44mg (14.37%), Vitamin B12: 0.4µg (6.69%), Vitamin D: 0.3µg (2.02%)