



HEALTH SCORE

54%

Pumpkin Chili Mexicana



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 29 ounce tomatoes diced canned peeled
- ☐ 15.3 ounce kidney beans canned drained
- ☐ 15 ounce tomato sauce canned
- ☐ 4 ounce ortega® chiles diced green canned
- ☐ 1 tablespoon chili powder
- ☐ 1 clove garlic
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon ground pepper black

- ☐ 1 pound pd of ground turkey
- ☐ 0.5 cup onion chopped
- ☐ 15 ounce libby's® pumpkin 100% pure canned
- ☐ 1 cup bell peppers red chopped
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 cup kernel corn whole

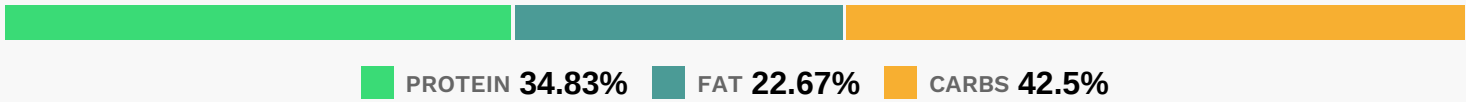
Equipment

- ☐ sauce pan

Directions

- ☐ HEAT vegetable oil in large saucepan over medium-high heat.
- ☐ Add onion, bell pepper and garlic; cook, stirring frequently, for 5 to 7 minutes or until tender.
- ☐ Add turkey; cook until browned.
- ☐ Drain.
- ☐ ADD tomatoes with juice, pumpkin, tomato sauce, beans, chiles, corn, chili powder, cumin, salt and pepper. Bring to a boil. Reduce heat to low. Cover; cook, stirring occasionally, for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:73.75, Glycemic Load:12.76, Inflammation Score:-10, Nutrition Score:41.27956533432%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 2.01mg, Luteolin: 2.01mg, Luteolin: 2.01mg, Luteolin: 2.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.19mg, Quercetin: 5.19mg, Quercetin: 5.19mg, Quercetin: 5.19mg

Nutrients (% of daily need)

Calories: 409.53kcal (20.48%), Fat: 10.98g (16.89%), Saturated Fat: 1.94g (12.15%), Carbohydrates: 46.29g (15.43%), Net Carbohydrates: 33.95g (12.34%), Sugar: 16.19g (17.99%), Cholesterol: 62.37mg (20.79%), Sodium: 1894mg (82.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.95g (75.89%), Vitamin A: 11582.58IU (231.65%), Vitamin C: 96.45mg (116.91%), Vitamin B6: 1.68mg (83.8%), Vitamin B3: 15.67mg (78.36%), Potassium: 1895.11mg (54.15%), Phosphorus: 522.84mg (52.28%), Fiber: 12.34g (49.37%), Manganese: 0.9mg (45.04%), Iron: 7.43mg (41.28%), Vitamin E: 6.09mg (40.59%), Selenium: 28.19µg (40.27%), Copper: 0.67mg (33.7%), Vitamin B2: 0.56mg (32.98%), Magnesium: 131.73mg (32.93%), Folate: 122.55µg (30.64%), Vitamin K: 31.51µg (30.01%), Vitamin B1: 0.4mg (26.73%), Zinc: 3.86mg (25.71%), Vitamin B5: 2.22mg (22.18%), Calcium: 167.54mg (16.75%), Vitamin B12: 0.58µg (9.64%), Vitamin D: 0.45µg (3.02%)