

Quick and Healthy Turkey Chili

 **Gluten Free**  **Very Healthy**

READY IN



30 min.

SERVINGS



4

CALORIES



658 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings goya® adobo seasoning with pepper, to taste all-purpose
- 1 avocado chopped
- 7 oz chipotle chile finely chopped canned
- 2 tablespoons goya® extra virgin olive oil
- 4 servings cilantro leaves fresh coarsely chopped
- 2 tablespoons goya® garlic minced
- 1 bell pepper green chopped
- 1.5 teaspoons ground cumin

- 1 pound pd of ground turkey
- 30 ounce goya® kidney beans red low sodium drained canned
- 0.3 cup monterrey jack cheese shredded
- 1 small onion finely chopped
- 16 ounce goya® tomato sauce canned

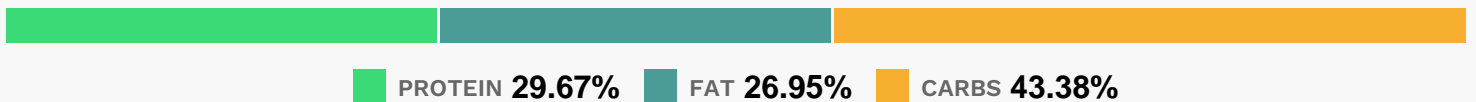
Equipment

- bowl
- pot

Directions

- Heat oil in medium pot over medium heat. Stir in peppers, onions and garlic; cook until tender, 5–7 minutes.
- Add turkey, cumin and Adobo. Cook, breaking up turkey with spoon, until browned, about 5 minutes.
- Stir in beans, tomato sauce, 1 cup water and chipotle; bring liquid to boil. Reduce heat. Simmer until chili thickens and flavors come together, about 10 minutes. Season with Adobo.
- Divide chili among serving bowls. Top with cheese, avocado and cilantro.

Nutrition Facts



Properties

Glycemic Index:63.07, Glycemic Load:13.5, Inflammation Score:-9, Nutrition Score:43.777826081152%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 18.83mg, Quercetin: 18.83mg, Quercetin: 18.83mg, Quercetin: 18.83mg

Nutrients (% of daily need)

Calories: 657.63kcal (32.88%), Fat: 20.42g (31.41%), Saturated Fat: 4.18g (26.15%), Carbohydrates: 73.96g (24.65%), Net Carbohydrates: 46.96g (17.08%), Sugar: 9.98g (11.09%), Cholesterol: 68.65mg (22.88%), Sodium: 651.5mg (28.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.59g (101.19%), Fiber: 27g (108.01%), Folate: 345.63µg (86.41%), Vitamin B6: 1.66mg (83.15%), Vitamin B3: 14.49mg (72.46%), Manganese: 1.39mg (69.75%), Phosphorus: 680.8mg (68.08%), Iron: 10.64mg (59.14%), Potassium: 1921.06mg (54.89%), Vitamin C: 42.1mg (51.03%), Selenium: 30.93µg (44.19%), Copper: 0.87mg (43.48%), Magnesium: 172.86mg (43.22%), Vitamin K: 38.68µg (36.84%), Zinc: 5.29mg (35.3%), Vitamin B1: 0.52mg (34.89%), Vitamin E: 4.01mg (26.71%), Vitamin B5: 2.63mg (26.27%), Vitamin B2: 0.43mg (25.49%), Calcium: 161.26mg (16.13%), Vitamin A: 776.58IU (15.53%), Vitamin B12: 0.64µg (10.62%), Vitamin D: 0.5µg (3.31%)