



WHATSheATE



Quick Mexican-Style Pumpkin Chili



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound pd of ground turkey for vegan alternative (see post above)
- ☐ 29 ounce tomatoes diced undrained canned
- ☐ 4.5 ounce chiles green chopped canned
- ☐ 15 ounce pumpkin puree canned (we like Libby's)
- ☐ 15 ounce tomato sauce canned (love Muir Glen)
- ☐ 1 tablespoon chili powder
- ☐ 0.5 cup whole-kernel corn canned
- ☐ 1 clove garlic minced

- ☐ 2 tablespoons grapeseed oil
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 cup onion chopped
- ☐ 1 cup bell pepper red chopped
- ☐ 15.3 ounce kidney beans dark red drained canned

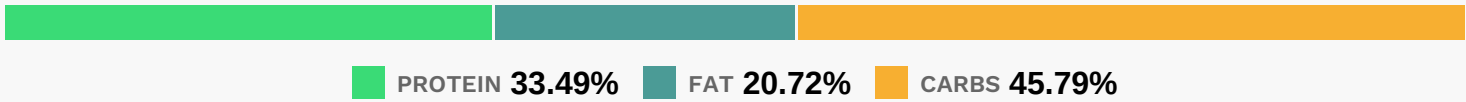
Equipment

- ☐ sauce pan

Directions

- ☐ Heat vegetable oil in large saucepan over medium-high heat.
- ☐ Add bell pepper and onion, and saute for 5 to 7 minutes or until tender.
- ☐ Add the garlic and saute 30 seconds more.
- ☐ Add turkey, and cook until browned.
- ☐ Drain off any excess liquid.
- ☐ Add tomatoes with juice, pumpkin, tomato sauce, beans, chiles, corn, chili powder, cumin and black pepper. Bring to a boil. Reduce heat to low. Cover; cook, stirring occasionally, for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:42.71, Glycemic Load:5.35, Inflammation Score:-10, Nutrition Score:32.675217587015%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 8.37mg, Quercetin: 8.37mg, Quercetin: 8.37mg, Quercetin: 8.37mg

Nutrients (% of daily need)

Calories: 313.42kcal (15.67%), Fat: 7.67g (11.81%), Saturated Fat: 1.13g (7.04%), Carbohydrates: 38.16g (12.72%), Net Carbohydrates: 26.41g (9.6%), Sugar: 10.68g (11.86%), Cholesterol: 41.58mg (13.86%), Sodium: 711.92mg (30.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.91g (55.82%), Vitamin A: 12727.45IU (254.55%), Vitamin C: 62mg (75.15%), Vitamin B6: 1.15mg (57.52%), Vitamin B3: 10.4mg (51.99%), Fiber: 11.76g (47.02%), Folate: 156.51µg (39.13%), Manganese: 0.76mg (37.96%), Phosphorus: 369.54mg (36.95%), Iron: 6.63mg (36.81%), Potassium: 1277.61mg (36.5%), Vitamin E: 5.05mg (33.67%), Selenium: 19.02µg (27.18%), Magnesium: 106.91mg (26.73%), Copper: 0.5mg (25.2%), Vitamin K: 26.33µg (25.08%), Vitamin B2: 0.34mg (19.92%), Vitamin B1: 0.29mg (19.41%), Zinc: 2.8mg (18.66%), Vitamin B5: 1.67mg (16.67%), Calcium: 115.29mg (11.53%), Vitamin B12: 0.39µg (6.43%), Vitamin D: 0.3µg (2.02%)