



## Quick Turkey Chili

 Gluten Free

READY IN



195 min.

SERVINGS



15

CALORIES



173 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 15.5 oz black beans rinsed canned
- 15.5 oz cannellini beans rinsed canned
- 15.5 oz kidney beans rinsed canned
- 28 oz canned tomatoes diced undrained canned
- 7 oz milk cheddar cheese shredded 2% kraft
- 1 tsp chili powder
- 1 tsp ground cumin
- 0.5 lb ground turkey breast

16 oz taco bellâ® & chunky salsa thick

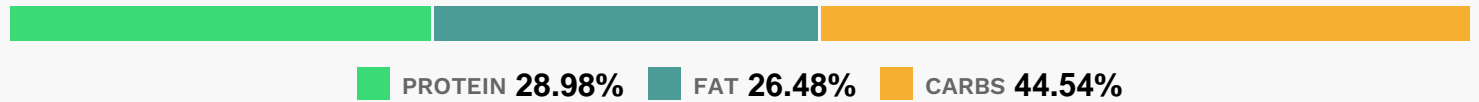
## Equipment

- bowl
- sauce pan
- slow cooker

## Directions

- Cook turkey in large saucepan on medium heat 10 min. or until no longer pink, stirring occasionally.
- Add to slow cooker with all remaining ingredients except cheese; stir. Cover with lid.
- Cook on HIGH 3 to 4 hours (or on LOW 5 to 6 hours).
- Spoon into soup bowls; top with cheese.

## Nutrition Facts



## Properties

Glycemic Index:5.6, Glycemic Load:1.54, Inflammation Score:-5, Nutrition Score:11.155217365078%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 173.47kcal (8.67%), Fat: 5.28g (8.12%), Saturated Fat: 2.71g (16.97%), Carbohydrates: 19.98g (6.66%), Net Carbohydrates: 13.82g (5.03%), Sugar: 3.01g (3.35%), Cholesterol: 21.55mg (7.18%), Sodium: 560.11mg (24.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13g (25.99%), Fiber: 6.16g (24.64%), Phosphorus: 218.38mg (21.84%), Manganese: 0.36mg (17.88%), Vitamin B6: 0.33mg (16.28%), Calcium: 154.97mg (15.5%), Folate: 58.71µg (14.68%), Potassium: 507.41mg (14.5%), Vitamin B3: 2.68mg (13.39%), Selenium: 9.36µg (13.37%), Magnesium: 53.05mg (13.26%), Iron: 2.28mg (12.67%), Vitamin B2: 0.19mg (11.03%), Copper: 0.22mg (10.92%), Vitamin B1: 0.16mg (10.86%), Zinc: 1.43mg (9.54%), Vitamin C: 6.91mg (8.38%), Vitamin A: 399.64IU (7.99%), Vitamin E: 0.92mg (6.12%), Vitamin B5: 0.49mg (4.86%), Vitamin K: 4.52µg (4.31%), Vitamin B12: 0.22µg (3.62%)