



## Quick Turkey Chili

 Gluten Free

READY IN



61 min.

SERVINGS



8

CALORIES



214 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 cup beer
- ☐ 16 oz beans red rinsed drained canned
- ☐ 28 oz canned tomatoes diced canned
- ☐ 1 cup chicken broth
- ☐ 2 tablespoons chili powder
- ☐ 8 servings cream sour
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 garlic clove chopped

- ☐ 2 teaspoons ground cumin
- ☐ 1 pound pd of ground turkey
- ☐ 1 medium onion chopped
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 3 tablespoons tomato paste
- ☐ 1 tablespoon vegetable oil

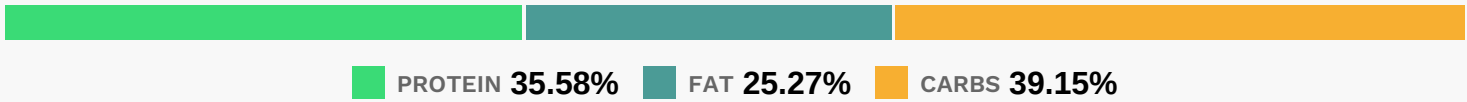
## Equipment

- ☐ dutch oven

## Directions

- ☐ Saut chopped onion in hot oil in a large Dutch oven over medium-high heat 5 minutes or until tender; add garlic, and saut 1 minute.
- ☐ Add turkey, chili powder, and cumin, and cook, stirring often, 8 minutes or until meat crumbles and is no longer pink. Stir in tomato paste, and cook 2 minutes.
- ☐ Add tomatoes and next 5 ingredients. Bring mixture to a boil; cover, reduce heat to low, and simmer, stirring occasionally, 30 minutes. Stir in cilantro.
- ☐ Garnish, if desired.
- ☐ \*Chicken broth may be substituted.

## Nutrition Facts



## Properties

Glycemic Index:37.69, Glycemic Load:6.04, Inflammation Score:-8, Nutrition Score:16.993913080381%

## Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.07mg, Quercetin:

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Nutrients (% of daily need)

Calories: 213.9kcal (10.69%), Fat: 6.13g (9.43%), Saturated Fat: 1.9g (11.9%), Carbohydrates: 21.35g (7.12%), Net Carbohydrates: 15.17g (5.52%), Sugar: 7.43g (8.26%), Cholesterol: 38.85mg (12.95%), Sodium: 791.58mg (34.42%), Alcohol: 1.15g (100%), Alcohol %: 0.47% (100%), Protein: 19.41g (38.81%), Vitamin B6: 0.78mg (39.13%), Vitamin B3: 7.69mg (38.46%), Phosphorus: 254.03mg (25.4%), Fiber: 6.18g (24.72%), Manganese: 0.49mg (24.25%), Selenium: 15.43µg (22.04%), Potassium: 769.85mg (22%), Vitamin A: 1028.47IU (20.57%), Iron: 3.39mg (18.85%), Copper: 0.36mg (18.14%), Vitamin E: 2.54mg (16.95%), Magnesium: 65.8mg (16.45%), Vitamin C: 12.44mg (15.08%), Vitamin K: 15.54µg (14.8%), Vitamin B2: 0.23mg (13.48%), Vitamin B1: 0.2mg (13.32%), Zinc: 1.87mg (12.43%), Folate: 38.96µg (9.74%), Vitamin B5: 0.96mg (9.56%), Calcium: 85.36mg (8.54%), Vitamin B12: 0.33µg (5.44%), Vitamin D: 0.23µg (1.51%)