



HEALTH SCORE

67%

Ranch-Style Turkey Chili



Gluten Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



940 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon crispy chopped
- ☐ 2 cups chicken stock see
- ☐ 1 tablespoon coriander
- ☐ 2 large corn muffins store-bought
- ☐ 2 tablespoons cumin
- ☐ 2 tablespoons evoo
- ☐ 0.3 cup chives fresh finely chopped
- ☐ 0.3 cup optional: dill fresh finely chopped

- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 4 cloves garlic finely chopped
- ☐ 2 pounds pd of ground turkey
- ☐ 4 servings hot sauce
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 large onion finely chopped
- ☐ 14 ounce pinto white canned
- ☐ 4 poblano peppers
- ☐ 4 servings onion red minced
- ☐ 4 servings sharp cheddar shredded
- ☐ 1 cup cup heavy whipping cream sour

Equipment

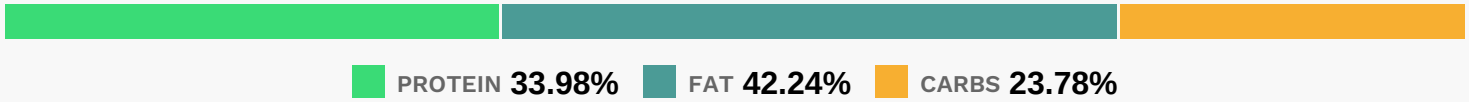
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ plastic wrap
- ☐ broiler
- ☐ dutch oven
- ☐ tongs

Directions

- ☐ Watch how to make this recipe.
- ☐ Char the peppers over a gas flame on high heat or under the broiler with the oven door cracked for steam to escape, turning with tongs.
- ☐ Place the charred peppers in a bowl and cover with plastic wrap to steam.
- ☐ Let them cool, then peel, seed and finely chop.
- ☐ Preheat the oven to 400 degrees F.

- ☐
- Crumble the corn muffins, arrange on a cookie sheet and toast until crispy and extra golden, about 10 minutes. Set aside.
- ☐
- Heat the EVOO in a Dutch oven over medium-high heat.
- ☐
- Add the turkey and sprinkle with salt and pepper. Brown and crumble the meat.
- ☐
- Add the garlic and onions to the pot and cook to soften, about 5 minutes.
- ☐
- Add the cumin and coriander, then stir in the chopped peppers.
- ☐
- Add the beans, stock and herbs and simmer 5 minutes. Season with hot sauce.
- ☐
- Turn off the heat and stir in the sour cream to combine.
- ☐
- Serve topped with the crispy corn muffin crumbles and any of the other toppings you like.

Nutrition Facts



Properties

Glycemic Index:84.38, Glycemic Load:7.85, Inflammation Score:-10, Nutrition Score:53.184347733207%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 5.67mg, Luteolin: 5.67mg, Luteolin: 5.67mg, Luteolin: 5.67mg Isorhamnetin: 3.38mg, Isorhamnetin: 3.38mg, Isorhamnetin: 3.38mg, Isorhamnetin: 3.38mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 12.3mg, Quercetin: 12.3mg, Quercetin: 12.3mg, Quercetin: 12.3mg

Nutrients (% of daily need)

Calories: 940.21kcal (47.01%), Fat: 45.19g (69.52%), Saturated Fat: 17.3g (108.13%), Carbohydrates: 57.24g (19.08%), Net Carbohydrates: 46.25g (16.82%), Sugar: 11.64g (12.93%), Cholesterol: 206.78mg (68.93%), Sodium: 670.95mg (29.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 81.8g (163.59%), Vitamin C: 112.73mg (136.65%), Vitamin B3: 26.89mg (134.44%), Vitamin B6: 2.67mg (133.49%), Selenium: 70.02µg (100.02%), Phosphorus: 977.87mg (97.79%), Vitamin K: 86.22µg (82.11%), Manganese: 1.17mg (58.28%), Potassium: 2000.89mg (57.17%), Zinc: 7.93mg (52.84%), Iron: 9.16mg (50.88%), Magnesium: 197.13mg (49.28%), Calcium: 441.04mg (44.1%), Fiber: 11g (44%), Vitamin B2: 0.74mg (43.45%), Vitamin A: 2020.77IU (40.42%), Folate: 160.26µg (40.06%), Vitamin B1: 0.55mg (36.86%), Copper: 0.68mg (34.17%), Vitamin B5: 3.35mg (33.49%), Vitamin B12: 1.71µg (28.42%), Vitamin E: 3.31mg (22.09%), Vitamin D: 1.18µg (7.83%)