



## Sarah's Spicy Turkey Chili

 **Gluten Free**  **Dairy Free**

READY IN



150 min.

SERVINGS



10

CALORIES



167 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup lime with lime flavor
- 14.5 ounce canned tomatoes canned
- 0.5 cup chicken broth
- 1 tablespoon chili powder
- 2 cloves garlic minced to taste
- 1 teaspoon ground pepper
- 0.5 teaspoon ground cumin
- 1 teaspoon pepper black

- 1.5 pounds pd of ground turkey
- 1 tablespoon olive oil
- 1 onion chopped
- 0.5 teaspoon oregano dried
- 0.5 teaspoon paprika
- 15 ounce kidney beans dark red drained canned
- 1 teaspoon salt

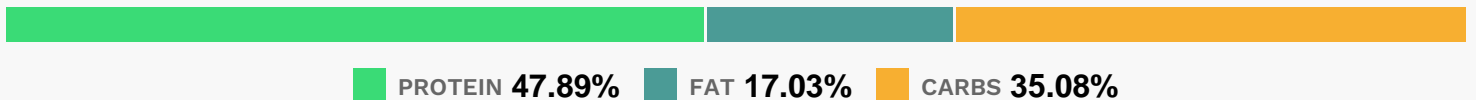
## Equipment

- frying pan
- slow cooker

## Directions

- Heat the olive oil in a skillet. Brown the turkey meat, breaking it up into crumbles as it cooks, then stir in onion and garlic. Cook, stirring occasionally, until the turkey is no longer pink, about 8 minutes.
- Sprinkle on 1 tablespoon of chili powder, 1 teaspoon of salt, and 1 teaspoon of black pepper; stir to combine, and continue cooking until the meat is browned, about 5 more minutes.
- Pour in the beer, and cook until the beer is reduced by about half.
- Pour the diced tomatoes with chile peppers, stewed tomatoes, kidney beans, 1 more tablespoon of chili powder, 1 teaspoon of salt, 1 teaspoon of black pepper, cayenne pepper, paprika, oregano, and cumin into a slow cooker. Stir in the turkey mixture and chicken broth. Set the cooker to High, and cook for 2 hours.

## Nutrition Facts



## Properties

Glycemic Index:24.73, Glycemic Load:3.34, Inflammation Score:-6, Nutrition Score:13.797391414642%

## Flavonoids

Hesperetin: 2.06mg, Hesperetin: 2.06mg, Hesperetin: 2.06mg, Hesperetin: 2.06mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg

## **Nutrients (% of daily need)**

Calories: 167.49kcal (8.37%), Fat: 3.3g (5.07%), Saturated Fat: 0.61g (3.83%), Carbohydrates: 15.28g (5.09%), Net Carbohydrates: 10.55g (3.84%), Sugar: 2.64g (2.94%), Cholesterol: 37.66mg (12.55%), Sodium: 380.1mg (16.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.86g (41.72%), Vitamin B3: 7.54mg (37.69%), Vitamin B6: 0.74mg (37.22%), Phosphorus: 237.69mg (23.77%), Selenium: 16.21µg (23.15%), Fiber: 4.73g (18.93%), Manganese: 0.37mg (18.29%), Folate: 69.33µg (17.33%), Potassium: 545.68mg (15.59%), Iron: 2.69mg (14.92%), Magnesium: 51.4mg (12.85%), Zinc: 1.86mg (12.38%), Copper: 0.24mg (12.12%), Vitamin B1: 0.16mg (10.35%), Vitamin A: 482.04IU (9.64%), Vitamin B5: 0.85mg (8.48%), Vitamin C: 6.86mg (8.31%), Vitamin K: 8.72µg (8.3%), Vitamin B2: 0.14mg (8.28%), Vitamin E: 1.21mg (8.08%), Vitamin B12: 0.35µg (5.82%), Calcium: 40.33mg (4.03%), Vitamin D: 0.27µg (1.81%)