



Simple Turkey Chili

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



162 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce kidney beans canned rinsed mashed drained
- ☐ 28 ounce canned tomatoes canned crushed
- ☐ 2 tablespoons chili powder
- ☐ 1 tablespoon garlic minced
- ☐ 0.5 teaspoon ground pepper
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 pound pd of ground turkey

- ☐ 1.5 teaspoons olive oil
- ☐ 1 onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 teaspoon paprika
- ☐ 0.5 teaspoon salt
- ☐ 2 cups water

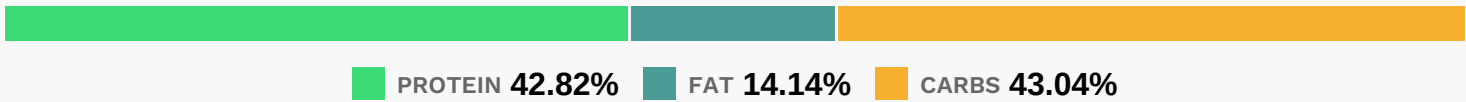
Equipment

- ☐ pot

Directions

- ☐ Heat the oil in a large pot over medium heat.
- ☐ Place turkey in the pot, and cook until evenly brown. Stir in onion, and cook until tender.
- ☐ Pour water into the pot.
- ☐ Mix in tomatoes, kidney beans, and garlic. Season chili powder, paprika, oregano, cayenne pepper, cumin, salt, and pepper. Bring to a boil. Reduce heat to low, cover, and simmer 30 minutes.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:5.25, Inflammation Score:-8, Nutrition Score:15.516086754592%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 162.3kcal (8.12%), Fat: 2.72g (4.18%), Saturated Fat: 0.53g (3.31%), Carbohydrates: 18.61g (6.2%), Net Carbohydrates: 12.59g (4.58%), Sugar: 6.19g (6.87%), Cholesterol: 31.18mg (10.39%), Sodium: 487.26mg (21.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.51g (37.03%), Vitamin B6: 0.76mg (37.94%), Vitamin B3:

7.29mg (36.44%), Fiber: 6.02g (24.07%), Phosphorus: 233.84mg (23.38%), Manganese: 0.45mg (22.48%), Selenium: 14.41µg (20.58%), Potassium: 679.37mg (19.41%), Vitamin A: 938.85IU (18.78%), Copper: 0.34mg (17.03%), Iron: 3.01mg (16.72%), Vitamin E: 2.27mg (15.12%), Magnesium: 59.92mg (14.98%), Vitamin C: 11.03mg (13.38%), Vitamin B1: 0.19mg (12.33%), Zinc: 1.76mg (11.76%), Vitamin K: 11.41µg (10.87%), Vitamin B2: 0.18mg (10.39%), Folate: 35.9µg (8.98%), Vitamin B5: 0.9mg (8.95%), Calcium: 69.51mg (6.95%), Vitamin B12: 0.29µg (4.82%), Vitamin D: 0.23µg (1.51%)