



Smokin' Scovilles Turkey Chili



Gluten Free



Dairy Free



Popular

READY IN



85 min.

SERVINGS



8

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cheap beer
- ☐ 29 ounce tomatoes diced with green chile peppers, drained canned
- ☐ 15 ounce kidney beans drained canned
- ☐ 8 ounce tomato sauce canned
- ☐ 2 tablespoons chili powder
- ☐ 5 cloves garlic minced
- ☐ 2 small bell peppers green seeded chopped
- ☐ 1 tablespoon ground cumin

- ☐ 1 teaspoon ground pepper black
- ☐ 1 habanero pepper seeded chopped
- ☐ 1 ounce chocolate mix hot instant
- ☐ 2 pounds pd of ground turkey lean
- ☐ 1 teaspoon liquid smoke flavoring
- ☐ 2 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 2 teaspoons oregano dried
- ☐ 1 tablespoon paprika
- ☐ 1 tablespoon pepper sauce hot
- ☐ 2 teaspoons pepper flakes red
- ☐ 2 teaspoons lawry's seasoned salt
- ☐ 0.5 cup kernel corn whole canned
- ☐ 1 tablespoon worcestershire sauce

Equipment

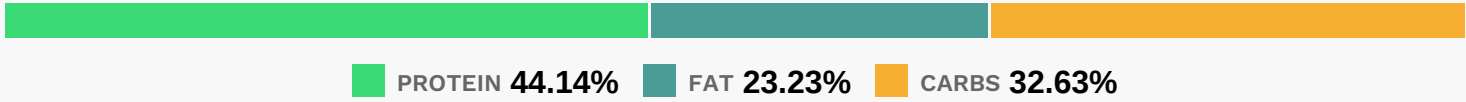
- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Heat the olive oil in a large saucepan over medium heat.
- ☐ Add the onion, garlic, green peppers and habanero pepper; cook and stir until the onion is transparent. Push these to one side of the pot, and crumble in the ground turkey. Cover, and cook for about 5 minutes, stirring occasionally, or until the meat is no longer pink. Stir everything together so the garlic doesn't burn.
- ☐ Season with chili powder, red pepper flakes, paprika, cumin, oregano, pepper, hot cocoa mix and seasoned salt. Stir in Worcestershire sauce, liquid smoke, diced tomatoes with green chilies, tomato sauce and kidney beans. Crack open a beer, and pour in about 1/

- ☐ Drink or discard the rest. Partially cover the pan, and simmer over medium heat for about 50 minutes, stirring occasionally.
- ☐ Mix in the corn and hot pepper sauce, and simmer for about 10 more minutes.
- ☐ Remove from the heat and allow to cool for a few minutes before serving.

Nutrition Facts



Properties

Glycemic Index:38.31, Glycemic Load:3.96, Inflammation Score:-9, Nutrition Score:23.970869624096%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 281.32kcal (14.07%), Fat: 7.52g (11.57%), Saturated Fat: 1.6g (10.01%), Carbohydrates: 23.76g (7.92%), Net Carbohydrates: 17.21g (6.26%), Sugar: 8.22g (9.13%), Cholesterol: 62.37mg (20.79%), Sodium: 1219.2mg (53.01%), Alcohol: 0.58g (100%), Alcohol %: 0.19% (100%), Protein: 32.15g (64.3%), Vitamin B6: 1.33mg (66.67%), Vitamin B3: 13.02mg (65.12%), Vitamin C: 31.99mg (38.77%), Selenium: 27µg (38.57%), Phosphorus: 374.52mg (37.45%), Vitamin A: 1548.46IU (30.97%), Potassium: 940.21mg (26.86%), Fiber: 6.55g (26.21%), Iron: 4.5mg (24.99%), Manganese: 0.49mg (24.6%), Vitamin E: 3.11mg (20.75%), Magnesium: 80.46mg (20.12%), Zinc: 2.84mg (18.91%), Vitamin B2: 0.29mg (17.1%), Copper: 0.33mg (16.26%), Vitamin K: 16.65µg (15.86%), Vitamin B1: 0.22mg (14.7%), Vitamin B5: 1.38mg (13.85%), Folate: 44.77µg (11.19%), Vitamin B12: 0.58µg (9.69%), Calcium: 96.67mg (9.67%), Vitamin D: 0.45µg (3.02%)