



 **71%**
HEALTH SCORE

Smoky Turkey Chili

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



8

CALORIES



615 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons ancho chile powder
- 2 pound butternut squash peeled cut into 1-inch dice
- 30 ounce black beans drained canned
- 28 ounce canned tomatoes crushed canned
- 2 tablespoons chipotle chile powder
- 6 large garlic cloves finely chopped
- 0.5 teaspoon ground cloves
- 4 teaspoons ground cumin

- 2 large onions finely chopped
- 4 large poblano chiles--roasted peeled cut into 1/2-inch pieces
- 8 servings salt and pepper freshly ground
- 0.3 cup tomato paste
- 5 pounds turkey legs with skin
- 2 tablespoons vegetable oil
- 1 quart water

Equipment

- bowl
- ladle

Directions

- In a large enameled cast-iron casserole, heat the oil. Season the turkey with salt and pepper; cook over moderate heat until browned, 15 minutes.
- Transfer to a plate.
- Add the garlic and onions to the casserole and cook over low heat, stirring occasionally, until softened, 10 minutes.
- Add the ancho and chipotle chile powders, cumin and cloves and cook, stirring, for 5 minutes.
- Add the tomatoes and water; bring to a simmer.
- Return the turkey to the casserole; bring to a boil. Cover and simmer over low heat until tender, about 2 hours.
- Transfer the turkey to a plate and let cool slightly. Discard the bones and skin and cut the meat into bite-size pieces.
- Skim the fat from the chili.
- Add the squash and turkey. Simmer over low heat until the squash is tender, 15 minutes.
- Add the beans and poblanos. Season with salt and pepper. Ladle 1 cup of chili into a bowl. Stir in the tomato paste until dissolved, then stir the chili back into the casserole. Simmer for 5 minutes, then serve in mugs or bowls.
- Serve With: Cilantro leaves, low-fat sour cream and corn bread.

Notes: One Serving: 398 calories, 2 gm total fat, 0 gm saturated fat, 42 gm carb.

Nutrition Facts



Properties

Glycemic Index:19.38, Glycemic Load:3.82, Inflammation Score:-10, Nutrition Score:48.949565431346%

Flavonoids

Luteolin: 3.87mg, Luteolin: 3.87mg, Luteolin: 3.87mg, Luteolin: 3.87mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 9.46mg, Quercetin: 9.46mg, Quercetin: 9.46mg, Quercetin: 9.46mg

Nutrients (% of daily need)

Calories: 614.59kcal (30.73%), Fat: 20.96g (32.25%), Saturated Fat: 5.73g (35.81%), Carbohydrates: 52.3g (17.43%), Net Carbohydrates: 36.15g (13.14%), Sugar: 13.21g (14.68%), Cholesterol: 167.06mg (55.69%), Sodium: 1041mg (45.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.72g (115.45%), Vitamin A: 13610.47IU (272.21%), Vitamin C: 107.11mg (129.83%), Selenium: 66.28µg (94.68%), Vitamin B6: 1.52mg (76.19%), Phosphorus: 652.1mg (65.21%), Fiber: 16.15g (64.6%), Zinc: 8.72mg (58.15%), Potassium: 2027.68mg (57.93%), Vitamin B3: 11.27mg (56.34%), Iron: 9.99mg (55.5%), Manganese: 1.08mg (54.04%), Copper: 0.96mg (48.25%), Vitamin B2: 0.78mg (45.77%), Magnesium: 170.61mg (42.65%), Vitamin B1: 0.61mg (40.35%), Folate: 149.24µg (37.31%), Vitamin B5: 3.67mg (36.69%), Vitamin E: 5mg (33.36%), Vitamin K: 23.35µg (22.24%), Calcium: 212.89mg (21.29%), Vitamin B12: 0.92µg (15.29%)