






 **60%**
HEALTH SCORE

Southwestern Turkey Chili and Cornbread

 Very Healthy

READY IN

25 min.

SERVINGS

4

CALORIES

819 kcal

BREAD

Ingredients

- 29 ounce spicy black beans canned
- 28 ounce canned tomatoes whole canned
- 8.5 ounce corn muffin mix
- 1 eggs
- 1 tablespoon flour all-purpose
- 4 servings cilantro leaves fresh chopped for garnish
- 10 ounces pd of ground turkey lean crumbled
- 11 ounce mexicorn kernel corn) canned

- 1 tablespoon olive oil
- 4 servings onion red chopped for garnish
- 4 servings cup heavy whipping cream sour for garnish
- 0.3 cup tomato paste

Equipment

- bowl
- frying pan
- oven
- whisk
- pot
- baking pan
- toothpicks

Directions

- Watch how to make this recipe.
- Spray an 8 by 8 by 2-inch baking pan with nonstick spray.
- Drain all but 2 tablespoons liquid from Mexicorn.
- Place reserved 2 tablespoons liquid in a medium bowl.
- Add egg to liquid and whisk to blend. Stir in Mexicorn.
- Add corn muffin mix and stir until just combined.
- Transfer mixture to prepared pan.
- Bake until a toothpick inserted into center comes out clean, about 20 minutes.
- Meanwhile, in a large resealable bag, toss turkey with flour until flour is absorbed into meat.
- Heat oil in a wide 2-quart pot over medium heat.
- Add turkey and cook until browned, about 5 minutes. Crush the canned tomatoes by hand and add tomatoes and liquid.
- Add beans and tomato paste. Simmer over medium-low heat until chili is slightly thick, about 8 minutes. Spoon chili into bowls. Top with sour cream, cilantro, and onion.

Serve hot with corn bread.

Preheat oven to 400 degrees F.

Nutrition Facts

PROTEIN 22.07% **FAT 18.82%** **CARBS 59.11%**

Properties

Glycemic Index:61.75, Glycemic Load:15.47, Inflammation Score:-9, Nutrition Score:46.0478262383%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 818.7kcal (40.93%), Fat: 17.76g (27.32%), Saturated Fat: 4.69g (29.32%), Carbohydrates: 125.48g (41.83%), Net Carbohydrates: 97.61g (35.5%), Sugar: 26.25g (29.17%), Cholesterol: 88.19mg (29.4%), Sodium: 1153.28mg (50.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.86g (93.72%), Fiber: 27.87g (111.47%), Folate: 443.48µg (110.87%), Phosphorus: 903.47mg (90.35%), Manganese: 1.59mg (79.52%), Vitamin B3: 13.9mg (69.51%), Vitamin B1: 1.02mg (67.69%), Magnesium: 246.44mg (61.61%), Vitamin B6: 1.23mg (61.4%), Iron: 10.07mg (55.97%), Potassium: 1933.5mg (55.24%), Copper: 1mg (49.78%), Selenium: 28.57µg (40.81%), Vitamin B2: 0.62mg (36.75%), Vitamin C: 28.43mg (34.46%), Zinc: 5.09mg (33.91%), Vitamin B5: 2.73mg (27.3%), Vitamin E: 4.03mg (26.87%), Vitamin A: 979.79IU (19.6%), Calcium: 188.12mg (18.81%), Vitamin K: 18.04µg (17.18%), Vitamin B12: 0.54µg (8.98%), Vitamin D: 0.5µg (3.36%)