



Southwestern Turkey Chili from Del Monte

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

READY IN



32 min.

SERVINGS



4

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce kidney beans low-sodium drained canned
- 8 ounce tomato sauce no salt added del monte® canned
- 1 tablespoon chili powder
- 15.3 ounce del monte® kernel corn whole no salt added drained canned
- 12 ounces pd of ground turkey
- 0.5 cup onion diced
- 14.5 ounce del monte® tomatoes diced no salt added canned

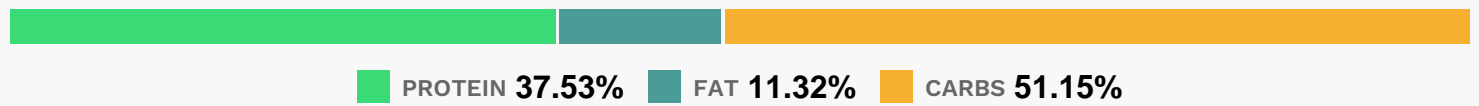
Equipment

frying pan

Directions

- Heat a large skillet coated with cooking spray over medium-high heat. Cook turkey and onion for 5 minutes or until onion is soft, stirring frequently.
- Stir in tomatoes and its juices, corn, beans, tomato sauce and chili powder. Bring to a boil, reduce heat, cover and simmer 12-15 minutes or until slightly thickened.
- Serve with lime wedges and top with sour cream and cilantro, if desired. Salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:7.7, Inflammation Score:-9, Nutrition Score:24.396087045255%

Flavonoids

Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg

Nutrients (% of daily need)

Calories: 299.53kcal (14.98%), Fat: 4.04g (6.22%), Saturated Fat: 0.87g (5.41%), Carbohydrates: 41.09g (13.7%), Net Carbohydrates: 30.18g (10.97%), Sugar: 12.48g (13.87%), Cholesterol: 46.78mg (15.59%), Sodium: 844.59mg (36.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.14g (60.29%), Vitamin B3: 11.29mg (56.45%), Vitamin B6: 1.06mg (52.88%), Fiber: 10.92g (43.66%), Phosphorus: 407.24mg (40.72%), Vitamin A: 1764.86IU (35.3%), Manganese: 0.68mg (33.77%), Potassium: 1150.12mg (32.86%), Selenium: 21.46µg (30.66%), Vitamin C: 22.12mg (26.81%), Folate: 99.31µg (24.83%), Magnesium: 95.4mg (23.85%), Vitamin B2: 0.34mg (19.84%), Copper: 0.39mg (19.75%), Zinc: 2.92mg (19.48%), Iron: 3.49mg (19.36%), Vitamin B1: 0.27mg (18.08%), Vitamin B5: 1.58mg (15.79%), Vitamin K: 16.26µg (15.48%), Vitamin E: 2.32mg (15.44%), Vitamin B12: 0.43µg (7.23%), Calcium: 66.04mg (6.6%), Vitamin D: 0.34µg (2.27%)