



Southwestern Turkey Stew



Gluten Free



Dairy Free

READY IN



24 min.

SERVINGS



8

CALORIES



137 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce kidney beans rinsed drained canned
- ☐ 1 clove garlic minced
- ☐ 2 teaspoons ground cumin
- ☐ 5 lime wedges prep: 8 minutes; cook: 16 minutes
- ☐ 16 ounce no-salt-added chicken broth canned
- ☐ 1 cup onion frozen chopped
- ☐ 1 cup bell pepper green frozen chopped
- ☐ 0.5 cup salsa

- ☐ 0.8 pound turkey breast tenderloins
- ☐ 1 teaspoon vegetable oil

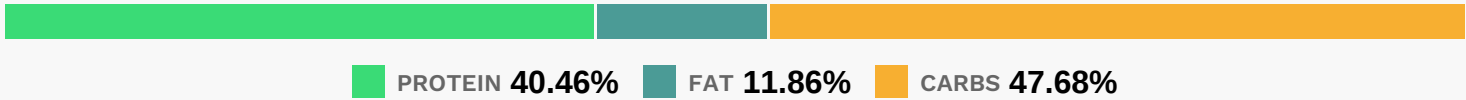
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Coat a large saucepan with cooking spray; add oil and place over medium-high heat until hot. Meanwhile, cut turkey into 1-inch pieces; add turkey, pepper, onion, and garlic to skillet. Cook 5 minutes or until turkey is lightly browned, stirring occasionally.
- ☐ Add cumin, and cook 1 minute, stirring well.
- ☐ Add broth, beans, and salsa to saucepan. Bring to a boil; reduce heat, and simmer, uncovered, 10 minutes. Ladle stew into individual bowls.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:4.35, Inflammation Score:-5, Nutrition Score:7.549130535644%

Flavonoids

Hesperetin: 18.01mg, Hesperetin: 18.01mg, Hesperetin: 18.01mg, Hesperetin: 18.01mg Naringenin: 1.42mg, Naringenin: 1.42mg, Naringenin: 1.42mg, Naringenin: 1.42mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg

Nutrients (% of daily need)

Calories: 136.96kcal (6.85%), Fat: 1.95g (3%), Saturated Fat: 0.46g (2.85%), Carbohydrates: 17.66g (5.89%), Net Carbohydrates: 12.47g (4.54%), Sugar: 3.76g (4.18%), Cholesterol: 18.98mg (6.33%), Sodium: 300.33mg (13.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.98g (29.97%), Vitamin C: 29.56mg (35.83%), Fiber: 5.19g (20.75%), Manganese: 0.26mg (12.91%), Phosphorus: 102.44mg (10.24%), Potassium: 353.05mg (10.09%), Iron: 1.59mg (8.84%), Copper: 0.18mg (8.78%), Vitamin B6: 0.17mg (8.51%), Vitamin B3: 1.46mg (7.3%), Magnesium: 28.31mg (7.08%), Vitamin B1: 0.1mg (6.8%), Folate: 24.47µg (6.12%), Vitamin K: 5.78µg (5.51%), Calcium: 48.88mg (4.89%), Vitamin B2: 0.08mg (4.78%), Zinc: 0.57mg (3.82%), Vitamin A: 174.63IU (3.49%), Vitamin E: 0.44mg (2.92%), Vitamin B5: 0.24mg (2.43%), Selenium: 1.12µg (1.6%)