



## Spaghetti With Quick Turkey Chili

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



535 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 14 ounce pinto beans drained and rinsed canned
- 2 tablespoons chili powder
- 2 large cloves garlic finely chopped
- 1 pound pd of ground turkey
- 4 servings hot sauce to taste
- 3 tablespoons catsup
- 4 servings kosher salt
- 2 cups chicken broth low-sodium

- 2 tablespoons olive oil extra-virgin
- 4 scallions white green separated sliced
- 8 ounces pasta like spaghetti
- 2 tablespoons tomato paste

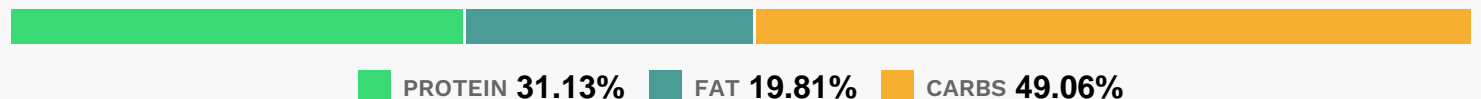
## Equipment

- bowl
- frying pan
- pot

## Directions

- Bring a large pot of salted water to a boil. Meanwhile, heat the olive oil in a large nonstick skillet over medium heat.
- Add the scallion whites and garlic and cook, stirring, until soft, 1 to 2 minutes.
- Add the tomato paste and chili powder and cook, stirring frequently, until the mixture is brick red, 2 to 3 minutes.
- Add the turkey and stir, breaking up the meat, until almost cooked through, about 4 minutes.
- Add the chicken broth, beans and ketchup; bring to a simmer and cook until the chili is slightly thickened but still soupy, 12 to 15 minutes. Stir in the scallion greens and hot sauce.
- Meanwhile, add the pasta to the boiling water and cook as the label directs, then drain. Divide among bowls and top with the chili, cheese and sour cream.
- Photograph by Christopher Testani

## Nutrition Facts



## Properties

Glycemic Index:48.5, Glycemic Load:22.6, Inflammation Score:-9, Nutrition Score:29.485217571259%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

## **Nutrients (% of daily need)**

Calories: 534.77kcal (26.74%), Fat: 11.98g (18.43%), Saturated Fat: 2.12g (13.22%), Carbohydrates: 66.78g (22.26%), Net Carbohydrates: 58.3g (21.2%), Sugar: 6.63g (7.37%), Cholesterol: 62.37mg (20.79%), Sodium: 792.14mg (34.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.36g (84.72%), Selenium: 62.5µg (89.28%), Vitamin B3: 14.8mg (74%), Vitamin B6: 1.28mg (64.12%), Phosphorus: 519.57mg (51.96%), Manganese: 0.99mg (49.52%), Vitamin K: 36.7µg (34.95%), Fiber: 8.48g (33.9%), Potassium: 1066.42mg (30.47%), Vitamin A: 1514IU (30.28%), Magnesium: 110.43mg (27.61%), Copper: 0.54mg (27.2%), Vitamin E: 3.82mg (25.44%), Zinc: 3.78mg (25.17%), Iron: 4.53mg (25.17%), Vitamin B2: 0.28mg (16.72%), Vitamin B5: 1.45mg (14.47%), Folate: 53.91µg (13.48%), Vitamin B1: 0.2mg (13.24%), Vitamin B12: 0.7µg (11.61%), Calcium: 95.98mg (9.6%), Vitamin C: 5.73mg (6.95%), Vitamin D: 0.45µg (3.02%)