



## Spicy Chipotle Turkey Chili

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon vegetable oil
- 1 lb pd of ground turkey
- 1 large poblano pepper seeded finely chopped
- 2 cups water
- 1 teaspoon chipotle sauce
- 32 oz pinto beans rinsed drained canned
- 16 oz salsa thick
- 1 serving cheddar cheese shredded

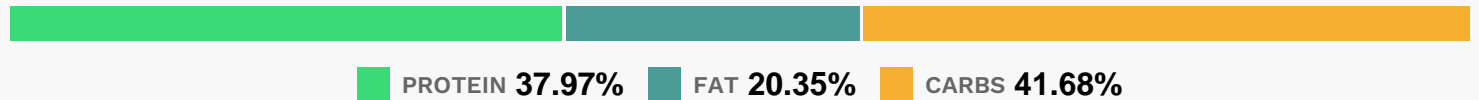
# Equipment

- sauce pan
- potato masher

# Directions

- In 3-quart saucepan, heat oil over medium-high heat.
- Add turkey and poblano chile; cook 5 minutes, stirring occasionally, until turkey is no longer pink.
- Stir in water, chile pepper powder, beans and salsa. Cover; heat to boiling. Mash beans slightly with potato masher until soup is slightly thickened.
- Garnish individual servings with cheese.

# Nutrition Facts



# Properties

Glycemic Index:13.67, Glycemic Load:7.31, Inflammation Score:-7, Nutrition Score:19.787826216739%

# Flavonoids

Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

# Nutrients (% of daily need)

Calories: 279.18kcal (13.96%), Fat: 6.51g (10.02%), Saturated Fat: 1.89g (11.84%), Carbohydrates: 30.01g (10%), Net Carbohydrates: 21g (7.64%), Sugar: 5.44g (6.04%), Cholesterol: 46.58mg (15.53%), Sodium: 977.86mg (42.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.34g (54.69%), Vitamin B6: 0.96mg (47.87%), Vitamin B3: 8.72mg (43.62%), Phosphorus: 363.27mg (36.33%), Fiber: 9.02g (36.06%), Manganese: 0.6mg (30.23%), Vitamin C: 24.47mg (29.66%), Selenium: 18.8µg (26.86%), Potassium: 887.05mg (25.34%), Magnesium: 88.03mg (22.01%), Copper: 0.37mg (18.51%), Iron: 3.22mg (17.91%), Zinc: 2.56mg (17.04%), Vitamin E: 2.16mg (14.41%), Calcium: 134.95mg (13.49%), Folate: 49.14µg (12.29%), Vitamin K: 12.66µg (12.06%), Vitamin B1: 0.17mg (11.27%), Vitamin B5: 1.07mg (10.71%), Vitamin A: 533.01IU (10.66%), Vitamin B2: 0.16mg (9.26%), Vitamin B12: 0.44µg (7.31%), Vitamin D: 0.33µg (2.22%)