



Spicy Chipotle Turkey Chili

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

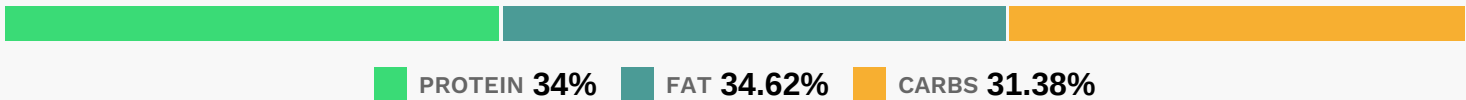
Equipment

- ☐ 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:7.48, Inflammation Score:-7, Nutrition Score:22.868695704833%

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: 381.18kcal (19.06%), Fat: 15.01g (23.1%), Saturated Fat: 6.69g (41.84%), Carbohydrates: 30.62g (10.21%), Net Carbohydrates: 21.61g (7.86%), Sugar: 5.52g (6.13%), Cholesterol: 71.58mg (23.86%), Sodium: 1141.36mg (49.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.17g (66.34%), Vitamin B6: 0.97mg (48.74%), Phosphorus: 477.77mg (47.78%), Vitamin B3: 8.74mg (43.69%), Selenium: 25.88µg (36.97%), Fiber: 9.02g (36.06%), Calcium: 311.7mg (31.17%), Manganese: 0.61mg (30.36%), Vitamin C: 24.47mg (29.66%), Potassium: 906.3mg (25.89%), Magnesium: 94.78mg (23.7%), Zinc: 3.47mg (23.15%), Copper: 0.38mg (18.92%), Iron: 3.26mg (18.13%), Vitamin B2: 0.27mg (15.75%), Vitamin A: 783.51IU (15.67%), Vitamin E: 2.35mg (15.66%), Folate: 54.39µg (13.6%), Vitamin K: 13.26µg (12.63%), Vitamin B1: 0.18mg (11.75%), Vitamin B5: 1.17mg (11.75%), Vitamin B12: 0.7µg (11.73%), Vitamin D: 0.48µg (3.22%)