



Spicy Chipotle-Turkey Chili



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 32 ounce pinto beans rinsed drained canned
- ☐ 1 teaspoon chipotle chili powder (such as Spice Islands)
- ☐ 1 pound pd of ground turkey
- ☐ 1 large poblano pepper seeded finely chopped
- ☐ 16 ounce mild salsa
- ☐ 1 tablespoon vegetable oil
- ☐ 2 cups water

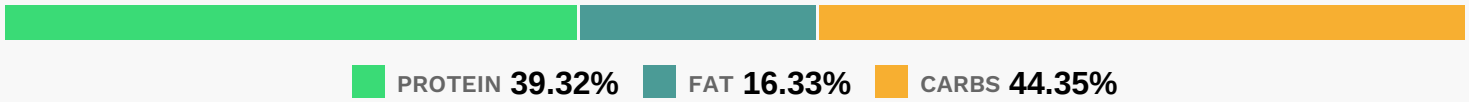
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ potato masher

Directions

- ☐ Heat oil in a medium saucepan over medium-high heat.
- ☐ Add turkey and poblano pepper; cook 5 minutes or until turkey is browned; stir to crumble. Stir in water and next 3 ingredients. Cover and bring to a boil. Mash beans lightly with a potato masher until soup is slightly thickened; ladle evenly into 6 bowls.
- ☐ Garnish with cheddar cheese, if desired.
- ☐ Serve with: Corn Muffins

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:7.28, Inflammation Score:-7, Nutrition Score:19.389565177586%

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: 257.02kcal (12.85%), Fat: 4.83g (7.42%), Saturated Fat: 0.93g (5.82%), Carbohydrates: 29.48g (9.83%), Net Carbohydrates: 20.58g (7.49%), Sugar: 5.1g (5.67%), Cholesterol: 41.58mg (13.86%), Sodium: 949.92mg (41.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.14g (52.28%), Vitamin B6: 0.96mg (48.05%), Vitamin B3: 8.76mg (43.8%), Fiber: 8.9g (35.59%), Phosphorus: 341.37mg (34.14%), Manganese: 0.61mg (30.49%), Vitamin C: 24.47mg (29.66%), Potassium: 889.7mg (25.42%), Selenium: 17.46µg (24.94%), Magnesium: 87.18mg (21.79%), Copper: 0.37mg (18.6%), Iron: 3.27mg (18.18%), Zinc: 2.39mg (15.91%), Vitamin E: 2.25mg (15%), Vitamin K: 12.89µg (12.28%), Folate: 48.19µg (12.05%), Vitamin A: 581.74IU (11.63%), Vitamin B1: 0.17mg (11.22%), Vitamin B5: 1.05mg (10.54%), Calcium: 100.7mg (10.07%), Vitamin B2: 0.14mg (8.15%), Vitamin B12: 0.39µg (6.43%), Vitamin D: 0.3µg (2.02%)