



Spicy Turkey Four-Bean Chili

 Gluten Free  Dairy Free

READY IN



105 min.

SERVINGS



12

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce seasoned black beans canned
- 45 ounce tomatoes diced with green chile peppers canned
- 2 tablespoons chili powder
- 30 ounce chili beans in spicy sauce canned
- 6 cloves garlic crushed
- 2 tablespoons ground cumin
- 2 tablespoons coarsely ground pepper black
- 2 pounds pd of ground turkey

- 1 teaspoon hot sauce
- 2 small onions chopped
- 15 ounce kidney beans light red canned
- 2 tablespoons pepper flakes red
- 16 ounce salsa hot
- 1.3 ounce taco seasoning

Equipment

- frying pan
- pot

Directions

- Combine diced tomatoes with green chiles, chili beans, salsa, dark and light red kidney beans, black beans, onions, garlic, chili powder, red pepper flakes, black pepper, cumin, taco seasoning mix, and hot sauce in a large soup pot. Bring to a boil, reduce heat to low, and cover pot. Simmer until soup is heated and onions are translucent, about 20 minutes.
- Heat a large skillet over medium-high heat. Cook and stir ground turkey in the hot skillet until browned and crumbly, about 10 minutes; drain and discard grease. Stir crumbled turkey into chili.
- Cover pot and simmer chili until flavors have blended, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:12.94, Glycemic Load:3.82, Inflammation Score:-9, Nutrition Score:25.628695487976%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 5.34mg, Quercetin: 5.34mg,

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Nutrients (% of daily need)

Calories: 296.96kcal (14.85%), Fat: 2.92g (4.5%), Saturated Fat: 0.6g (3.77%), Carbohydrates: 42.98g (14.33%), Net Carbohydrates: 31.75g (11.55%), Sugar: 14.8g (16.44%), Cholesterol: 41.58mg (13.86%), Sodium: 1682.71mg (73.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.04g (56.08%), Vitamin B6: 1.11mg (55.45%), Vitamin B3: 10.43mg (52.14%), Fiber: 11.22g (44.89%), Vitamin A: 1895.56IU (37.91%), Phosphorus: 360.98mg (36.1%), Manganese: 0.7mg (35.1%), Potassium: 1157.95mg (33.08%), Folate: 124.61µg (31.15%), Iron: 5.6mg (31.1%), Vitamin C: 25.38mg (30.76%), Selenium: 19.7µg (28.14%), Magnesium: 99.45mg (24.86%), Vitamin E: 3.67mg (24.49%), Copper: 0.45mg (22.57%), Vitamin B1: 0.34mg (22.49%), Zinc: 2.66mg (17.71%), Vitamin B2: 0.28mg (16.25%), Vitamin K: 15.92µg (15.16%), Vitamin B5: 1.09mg (10.92%), Calcium: 107.44mg (10.74%), Vitamin B12: 0.39µg (6.43%), Vitamin D: 0.3µg (2.02%)