



## Swanson® Black Bean, Corn and Turkey Chili

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15 ounce black beans rinsed drained canned
- 1.8 cups chicken broth organic swanson® (Regular, Natural or Certified )
- 2 tablespoons chili powder
- 0.3 teaspoon garlic powder
- 1 teaspoon ground cumin
- 0.5 teaspoon pepper black
- 1 pound pd of ground turkey
- 1 large onion chopped

- 1 teaspoon oregano dried crushed
- 1 cup salsa thick pace®
- 1 tablespoon sugar
- 1 tablespoon vegetable oil
- 16 ounce corn whole drained canned

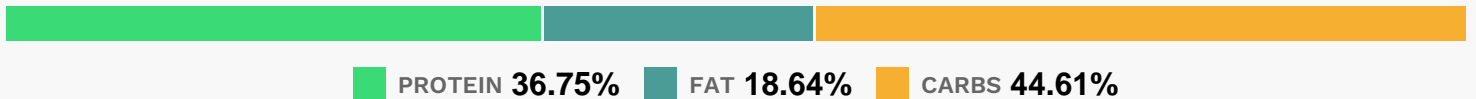
## Equipment

- pot

## Directions

- Heat the oil in a 4-quart saucepot over medium-high heat.
- Add the turkey, onion, chili powder, cumin, oregano, black pepper and garlic powder. Cook until the turkey is well browned, stirring often.
- Stir the broth, salsa, sugar, beans and corn in the saucepot and heat to a boil. Reduce the heat to low. Cover and cook for 30 minutes or until the mixture is hot and bubbling.

## Nutrition Facts



## Properties

Glycemic Index:24.02, Glycemic Load:1.95, Inflammation Score:-8, Nutrition Score:17.837825982467%

## Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg

## Nutrients (% of daily need)

Calories: 270.01kcal (13.5%), Fat: 5.76g (8.86%), Saturated Fat: 1.04g (6.5%), Carbohydrates: 31.03g (10.34%), Net Carbohydrates: 23.78g (8.65%), Sugar: 5.22g (5.8%), Cholesterol: 42.95mg (14.32%), Sodium: 1018mg (44.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.56g (51.13%), Vitamin B3: 9.38mg (46.88%), Vitamin B6: 0.86mg (42.82%), Phosphorus: 313.94mg (31.39%), Fiber: 7.25g (29.01%), Selenium: 19.04µg (27.21%), Potassium: 755.55mg (21.59%), Manganese: 0.42mg (21.02%), Vitamin A: 1033.09IU (20.66%), Folate: 79.35µg (19.84%), Iron: 3.21mg (17.82%), Magnesium: 71.21mg (17.8%), Vitamin B2: 0.27mg (15.62%), Zinc: 2.25mg (14.98%), Copper: 0.29mg

(14.31%), Vitamin B1: 0.21mg (13.9%), Vitamin E: 1.89mg (12.61%), Vitamin K: 11.27µg (10.73%), Vitamin B5: 0.95mg (9.5%), Vitamin C: 5.93mg (7.18%), Calcium: 67.29mg (6.73%), Vitamin B12: 0.4µg (6.65%), Vitamin D: 0.3µg (2.02%)