

## Terrific Turkey Chili



Gluten Free



Popular

READY IN



70 min.

SERVINGS



6

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 14.5 ounce beef broth canned
- ☐ 7 ounce chile peppers green chopped canned
- ☐ 14.5 ounce canned tomatoes packed in puree crushed coarsely chopped canned
- ☐ 1 teaspoon chili pepper flakes
- ☐ 1 bell pepper diced green
- ☐ 1 bunch green onions chopped
- ☐ 1 teaspoon ground coriander
- ☐ 1.5 pounds pd of ground turkey

- ☐ 1 medium onion finely chopped
- ☐ 1 teaspoon oregano dried
- ☐ 7 ounce salsa canned
- ☐ 1 cup cheddar cheese shredded
- ☐ 1 cup heavy whipping cream sour
- ☐ 1 ounce taco seasoning
- ☐ 2 tablespoons tomato paste
- ☐ 3 tablespoons vegetable oil divided
- ☐ 3 medium zucchini halved lengthwise sliced

## Equipment

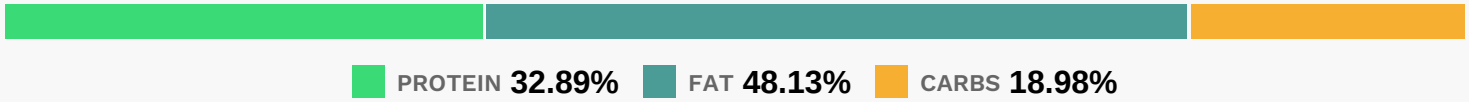
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ pot
- ☐ wooden spoon

## Directions

- ☐ Heat 1 tablespoon of oil in a large stock pot over medium-high heat. Crumble turkey into the pot, stirring with a wooden spoon to break apart as much as possible. Season with taco seasoning mix, coriander, oregano, chili flakes, and tomato paste, and mix until meat is evenly coated with seasonings. Continue cooking, reducing heat if necessary, until turkey is well browned.
- ☐ Pour in beef broth, and simmer to reduce liquid slightly, about 5 minutes.
- ☐ Add salsa, tomatoes, and green chilies, and continue cooking at a moderate simmer for ten minutes. Adjust the thickness at any time you feel necessary by adding water.
- ☐ While chili is still cooking, heat one tablespoon of oil in a large skillet over medium-high heat. Cook onion and green bell pepper, stirring occasionally for 5 minutes, or until onion is translucent and bell pepper is lightly browned.
- ☐ Add onion and bell pepper to the chili, and continue cooking at a very low simmer.

- ☐
- In the same skillet, heat the remaining tablespoon of oil over medium–high heat.
- ☐
- Add the zucchini, and cook stirring occasionally, for 5 minutes, or until lightly browned.
- ☐
- Add the zucchini to the chili, reduce heat, and continue cooking 15 minutes more. Again, adjust the consistency with water as needed.
- ☐
- Ladle chili into serving bowls. Top with sour cream, green onion, and cheddar cheese, and serve.

## Nutrition Facts



## Properties

Glycemic Index:40.67, Glycemic Load:2.72, Inflammation Score:–9, Nutrition Score:29.449130607688%

## Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.23mg, Quercetin: 5.23mg, Quercetin: 5.23mg, Quercetin: 5.23mg

## Nutrients (% of daily need)

Calories: 427.82kcal (21.39%), Fat: 23.82g (36.65%), Saturated Fat: 9.31g (58.21%), Carbohydrates: 21.14g (7.05%), Net Carbohydrates: 15.54g (5.65%), Sugar: 11.03g (12.26%), Cholesterol: 103.82mg (34.61%), Sodium: 1319.88mg (57.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.62g (73.24%), Vitamin B6: 1.46mg (72.79%), Vitamin C: 58.75mg (71.22%), Vitamin B3: 13.78mg (68.9%), Selenium: 33.8µg (48.28%), Phosphorus: 472.5mg (47.25%), Vitamin K: 35.38µg (33.7%), Vitamin A: 1651.42IU (33.03%), Potassium: 1150.86mg (32.88%), Vitamin B2: 0.45mg (26.73%), Calcium: 258.33mg (25.83%), Zinc: 3.54mg (23.61%), Manganese: 0.45mg (22.54%), Magnesium: 89.85mg (22.46%), Fiber: 5.59g (22.37%), Iron: 3.71mg (20.6%), Folate: 77.96µg (19.49%), Vitamin E: 2.69mg (17.97%), Vitamin B5: 1.76mg (17.61%), Copper: 0.33mg (16.36%), Vitamin B12: 0.91µg (15.11%), Vitamin B1: 0.22mg (14.82%), Vitamin D: 0.57µg (3.78%)