



 **25%**  
HEALTH SCORE

## Tomatillo Turkey Chili

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**6**

CALORIES



**301 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 pounds tomatillos cut in half
- 2 inches jalapeno seeded
- 1 onion sliced
- 2 cloves garlic peeled
- 1 inch chipotle sauce chopped
- 6 cups turkey shredded cooked
- 15 ounces black beans drained and rinsed canned
- 2 cups chicken broth

- 0.5 cup beer gluten-free (such as Bard's Tale)
- 2 cups tomato purée diced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon oregano dried
- 6 servings salt and pepper to taste
- 0.5 cup cilantro leaves chopped

## Equipment

- food processor
- baking sheet
- pot
- aluminum foil
- broiler

## Directions

- Place the tomatillos and jalapenos cut-side down on a foil-lined baking sheet. Scatter onions and garlic around tomatillos and jalapenos.
- Place under broiler for 5–7 minutes or until skins on tomatillos blacken.
- Remove, and when cool, pour tomatillos, jalapenos, onion and garlic, including any juices, into a food processor. Pulse until well blended.
- Heat a large stockpot to medium heat and add tomatillo mixture and chipotle pepper. Stir around for a minute or two, and add turkey, beans, broth, beer, tomatoes and seasonings. Bring to a boil, and reduce to a simmer. Allow to simmer, stirring occasionally, for 20–30 minutes to allow flavors to blend.
- Immediately before serving, taste and adjust salt and pepper seasonings as necessary, and stir in most of the cilantro, reserving a bit to use as garnish.
- Optional: Top with sour cream and cheese.

## Nutrition Facts



■ PROTEIN 38.39% ■ FAT 22.09% ■ CARBS 39.52%

## Properties

Glycemic Index:28.58, Glycemic Load:0.78, Inflammation Score:-8, Nutrition Score:24.702608695652%

## Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.09mg, Quercetin: 8.09mg, Quercetin: 8.09mg, Quercetin: 8.09mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Taste

Sweetness: 36.22%, Saltiness: 100%, Sourness: 20.34%, Bitterness: 38.8%, Savoriness: 68.52%, Fattiness: 57.38%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 301.17kcal (15.06%), Fat: 7.52g (11.56%), Saturated Fat: 1.73g (10.8%), Carbohydrates: 30.25g (10.08%), Net Carbohydrates: 20.71g (7.53%), Sugar: 10.1g (11.22%), Cholesterol: 73.13mg (24.38%), Sodium: 896.93mg (39%), Alcohol: 0.77g (4.26%), Protein: 29.38g (58.76%), Vitamin B3: 11.77mg (58.83%), Vitamin B6: 0.86mg (43.09%), Fiber: 9.54g (38.14%), Phosphorus: 354.72mg (35.47%), Selenium: 24.07µg (34.39%), Potassium: 1201.9mg (34.34%), Vitamin C: 27.57mg (33.42%), Manganese: 0.62mg (30.86%), Copper: 0.59mg (29.38%), Iron: 5mg (27.77%), Vitamin B2: 0.44mg (26.01%), Magnesium: 100.17mg (25.04%), Vitamin B12: 1.23µg (20.54%), Vitamin K: 20.89µg (19.9%), Zinc: 2.86mg (19.1%), Folate: 74.31µg (18.58%), Vitamin B1: 0.25mg (16.75%), Vitamin E: 2.41mg (16.08%), Vitamin B5: 1.55mg (15.48%), Vitamin A: 744.2IU (14.88%), Calcium: 81.25mg (8.12%), Vitamin D: 0.3µg (1.99%)