



Turkey and Bean Chili



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon bottled garlic minced
- ☐ 19 ounce cannellini beans rinsed drained canned
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1 tablespoon chili powder
- ☐ 14 ounce fat-skimmed beef broth fat-free canned
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon ground cumin

- ☐ 1.3 pounds pd of ground turkey
- ☐ 6 lime wedges
- ☐ 1 cup onion red
- ☐ 2 teaspoons oregano dried
- ☐ 0.3 cup poblano pepper seeded chopped (1)
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons tomato paste

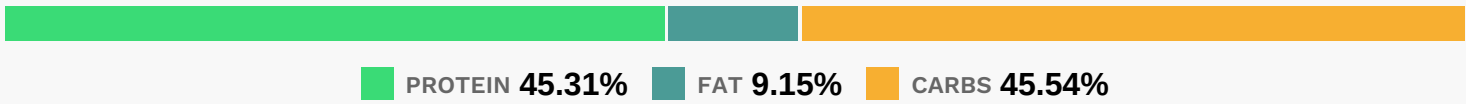
Equipment

- ☐ sauce pan

Directions

- ☐ Heat a large saucepan over medium heat.
- ☐ Add first 4 ingredients; cook for 6 minutes or until turkey is done, stirring frequently to crumble. Stir in chili powder and next 8 ingredients (through broth); bring to a boil. Reduce heat, and simmer 10 minutes. Stir in cilantro.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:47.83, Glycemic Load:7.45, Inflammation Score:-9, Nutrition Score:23.827391272006%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg

Nutrients (% of daily need)

Calories: 263.38kcal (13.17%), Fat: 2.82g (4.33%), Saturated Fat: 0.63g (3.95%), Carbohydrates: 31.54g (10.51%), Net Carbohydrates: 23.75g (8.64%), Sugar: 5.81g (6.45%), Cholesterol: 51.97mg (17.32%), Sodium: 577.74mg (25.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.38g (62.76%), Vitamin B6: 1.11mg (55.4%), Vitamin B3: 10.97mg (54.87%), Manganese: 0.76mg (38.01%), Selenium: 25.13µg (35.9%), Phosphorus: 351.16mg (35.12%), Fiber: 7.79g (31.14%), Potassium: 1084.56mg (30.99%), Iron: 5.49mg (30.5%), Vitamin C: 22.01mg (26.68%), Magnesium: 100.07mg (25.02%), Copper: 0.48mg (23.76%), Folate: 86.31µg (21.58%), Zinc: 3.09mg (20.57%), Vitamin E: 2.61mg (17.42%), Vitamin K: 17.53µg (16.69%), Vitamin A: 793.83IU (15.88%), Vitamin B1: 0.24mg (15.71%), Vitamin B5: 1.39mg (13.87%), Vitamin B2: 0.22mg (13.15%), Calcium: 130.11mg (13.01%), Vitamin B12: 0.61µg (10.24%), Vitamin D: 0.38µg (2.52%)