



Turkey and Bean Chili

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



265 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
- 0.5 cup cilantro leaves fresh chopped
- 1 teaspoon ground cumin
- 1.3 pounds pd of ground turkey

- 6 lime wedges
- 14 ounce beef broth fat-free canned
- 1 cup onion red
- 2 teaspoons oregano dried
- 0.3 cup poblano pepper seeded chopped (1)
- 0.3 teaspoon salt
- 2 tablespoons tomato paste

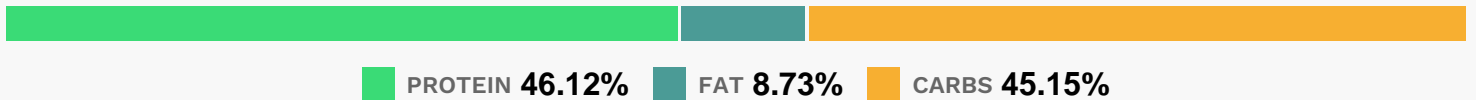
Equipment

- 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:23.469565163488%

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: 264.87kcal (13.24%), Fat: 2.7g (4.16%), Saturated Fat: 0.63g (3.95%), Carbohydrates: 31.45g (10.48%), Net Carbohydrates: 23.66g (8.6%), Sugar: 5.71g (6.34%), Cholesterol: 51.97mg (17.32%), Sodium: 428.46mg (18.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.13g (64.26%), Vitamin B6: 1.1mg (54.93%), Vitamin B3: 10.61mg (53.03%), Manganese: 0.75mg (37.65%), Phosphorus: 343.88mg (34.39%), Potassium: 1197.01mg (34.2%), Selenium: 23.67µg (33.82%), Fiber: 7.79g (31.14%), Iron: 5.4mg (29.99%), Vitamin C: 22.01mg (26.68%), Magnesium: 99.41mg (24.85%), Copper: 0.46mg (23.13%), Folate: 85.65µg (21.41%), Zinc: 3.07mg (20.48%), Vitamin E: 2.61mg (17.42%), Vitamin K: 17.53µg (16.69%), Vitamin A: 793.83IU (15.88%), Vitamin B1: 0.23mg (15.4%), Vitamin B5: 1.31mg (13.07%), Calcium: 127.47mg (12.75%), Vitamin B2: 0.21mg (12.34%), Vitamin B12: 0.48µg (8.03%), Vitamin D: 0.38µg (2.52%)