



Turkey and Black Bean Chili

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon chipotle sauce canned (from can of chipotle chiles)
- 15 oz black beans rinsed drained progresso® canned
- 14.5 oz tomatoes diced canned
- 1 cup chicken broth progresso® (from 32-oz carton)
- 1 oz chili seasoning
- 1 chipotles in adobo chopped (from 7-oz can)
- 6 servings cilantro leaves fresh
- 2 tablespoons garlic finely chopped

- 1.3 lb pd of ground turkey
- 6 servings lime wedges
- 2 tablespoons olive oil
- 1 cup onion chopped
- 0.5 teaspoon salt
- 6 servings cream sour

Equipment

- frying pan
- sauce pan
- dutch oven

Directions

- In 4-quart saucepan or Dutch oven, heat oil over medium-high heat.
- Add turkey and salt; cook 5 to 7 minutes, stirring occasionally, until turkey is no longer pink. Push meat to outer edges of pan; add onion and garlic to center of pan. Cook 3 minutes, stirring frequently, until tender.
- Add chili seasoning; cook 1 minute.
- Stir in tomatoes, broth, chipotle chile and adobo sauce.
- Heat to boiling; reduce heat. Cover; simmer 5 minutes.
- Add beans; cook 5 minutes longer or until thoroughly heated.
- Garnish individual servings with sour cream, lime wedges and cilantro.

Nutrition Facts



PROTEIN 38.77% **FAT 29.98%** **CARBS 31.25%**

Properties

Glycemic Index:22.67, Glycemic Load:0.96, Inflammation Score:-9, Nutrition Score:21.736521741618%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg

Nutrients (% of daily need)

Calories: 287.41kcal (14.37%), Fat: 9.97g (15.34%), Saturated Fat: 2.54g (15.86%), Carbohydrates: 23.38g (7.79%), Net Carbohydrates: 14.66g (5.33%), Sugar: 5.06g (5.62%), Cholesterol: 59.84mg (19.95%), Sodium: 768.18mg (33.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.01g (58.02%), Vitamin B6: 1.1mg (54.83%), Vitamin B3: 10.73mg (53.63%), Vitamin A: 2517.52IU (50.35%), Fiber: 8.72g (34.87%), Phosphorus: 341.64mg (34.16%), Selenium: 23.29µg (33.27%), Potassium: 806.9mg (23.05%), Iron: 3.97mg (22.06%), Manganese: 0.4mg (19.9%), Vitamin B2: 0.33mg (19.64%), Magnesium: 73.17mg (18.29%), Vitamin E: 2.65mg (17.68%), Zinc: 2.49mg (16.61%), Folate: 64.6µg (16.15%), Vitamin B1: 0.23mg (15.52%), Copper: 0.3mg (14.96%), Vitamin C: 11.56mg (14.01%), Vitamin B5: 1.26mg (12.57%), Vitamin K: 9.24µg (8.8%), Vitamin B12: 0.51µg (8.58%), Calcium: 84.91mg (8.49%), Vitamin D: 0.38µg (2.52%)