



Turkey and Black Bean Chili

 Gluten Free

READY IN



24 min.

SERVINGS



5

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon chiles in adobo sauce
- ☐ 15 oz black beans rinsed drained canned
- ☐ 15 oz canned tomatoes diced crushed canned
- ☐ 1 cup chicken broth
- ☐ 1.3 oz chili seasoning
- ☐ 1 chipotle pepper in adobo sauce chopped
- ☐ 1 sprigs toppings: cream fresh diced shredded sour
- ☐ 2 tablespoons garlic chopped

- ☐ 1.3 pounds pd of ground turkey
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion chopped
- ☐ 0.5 teaspoon salt

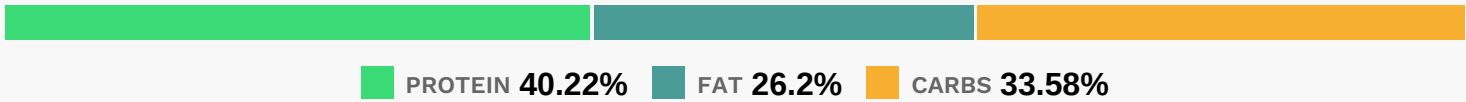
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add turkey and salt; cook, stirring until turkey crumbles and is no longer pink. Push meat to outer edges of pan, and add onion and garlic to center of pan. Saut 3 minutes.
- ☐ Add chili seasoning, and cook 1 minute.
- ☐ Add tomatoes, broth, chipotle pepper, and 1 Tbsp. adobo sauce. Bring to a boil. Cover, reduce heat, and simmer 5 minutes.
- ☐ Add beans; cook 5 minutes or until thoroughly heated.
- ☐ Serve with desired toppings.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:2.86, Inflammation Score:-10, Nutrition Score:28.475217518599%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg

Nutrients (% of daily need)

Calories: 333.13kcal (16.66%), Fat: 10.18g (15.66%), Saturated Fat: 1.75g (10.92%), Carbohydrates: 29.35g (9.78%),
Net Carbohydrates: 18.47g (6.72%), Sugar: 6.26g (6.96%), Cholesterol: 63.53mg (21.18%), Sodium: 1527.83mg
(66.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.17g (70.33%), Vitamin A: 3718.23IU (74.36%),
Vitamin B6: 1.37mg (68.68%), Vitamin B3: 13.47mg (67.33%), Fiber: 10.88g (43.53%), Phosphorus: 415.7mg (41.57%),
Selenium: 28.03µg (40.04%), Potassium: 1079.38mg (30.84%), Iron: 5.46mg (30.36%), Manganese: 0.59mg
(29.39%), Vitamin E: 4.14mg (27.58%), Magnesium: 97.4mg (24.35%), Copper: 0.46mg (23.24%), Vitamin B2:
0.39mg (23.14%), Zinc: 3.12mg (20.82%), Vitamin B1: 0.31mg (20.54%), Folate: 81.61µg (20.4%), Vitamin C: 13.61mg
(16.5%), Vitamin B5: 1.63mg (16.29%), Vitamin K: 14.03µg (13.36%), Vitamin B12: 0.59µg (9.8%), Calcium: 97.65mg
(9.76%), Vitamin D: 0.46µg (3.05%)