



Turkey and Pork Chili



Gluten Free



Dairy Free

READY IN



245 min.

SERVINGS



10

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce canned tomatoes diced with green chile peppers (such as ro*tel®) canned
- ☐ 1 teaspoon cayenne pepper
- ☐ 2 cups chicken broth
- ☐ 15.5 ounce chili starter canned chili magic® (such as BUSH'S)
- ☐ 1.5 tablespoons chili powder
- ☐ 2 teaspoons garlic salt
- ☐ 1 bell pepper green chopped
- ☐ 2 teaspoons ground cumin

- ☐ 1 pound ground pork lean
- ☐ 1 jalapeno minced
- ☐ 1.3 pounds pd of ground turkey lean
- ☐ 2 tablespoons oregano dried
- ☐ 2 teaspoons paprika
- ☐ 0.5 onion sweet chopped vidalia® (such as)
- ☐ 1.5 tablespoons cocoa powder unsweetened

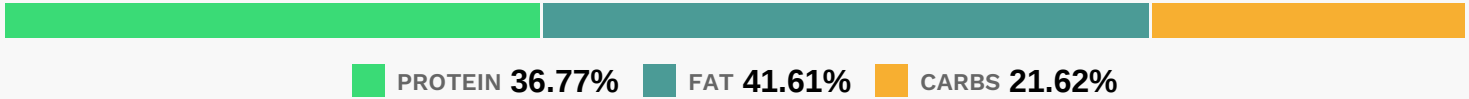
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Coat a large saucepan with cooking spray and cook 1 chopped sweet onion over medium heat until tender, about 5 minutes.
- ☐ Add chili starter, oregano, and chicken broth; increase heat to medium-high and simmer for 20 minutes.
- ☐ Coat a large stock pot with cooking spay and cook remaining 1/2 chopped sweet onion, green bell pepper, and jalapeno pepper over medium heat until tender, 5 to 8 minutes.
- ☐ Add ground cumin, cocoa powder, chili powder, garlic salt, paprika, and cayenne pepper; cook 2 minutes.
- ☐ Mix in ground turkey and pork; cook and stir until meat is crumbly, evenly browned, and no longer pink, about 10 more minutes.
- ☐ Drain and discard any excess grease.
- ☐ Stir diced tomatoes with green chiles, fire-roasted tomatoes, and diced tomatoes with green peppers and onions into chili; simmer for about 3 hours.

Nutrition Facts



Properties

Glycemic Index:14.4, Glycemic Load:1.55, Inflammation Score:-9, Nutrition Score:20.685217370158%

Flavonoids

Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epicatechin: 1.47mg, Epicatechin: 1.47mg, Epicatechin: 1.47mg, Epicatechin: 1.47mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 243.72kcal (12.19%), Fat: 11.54g (17.75%), Saturated Fat: 4.01g (25.03%), Carbohydrates: 13.49g (4.5%), Net Carbohydrates: 8.47g (3.08%), Sugar: 6.56g (7.29%), Cholesterol: 64.78mg (21.59%), Sodium: 984.88mg (42.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.94g (45.88%), Vitamin C: 85.23mg (103.31%), Vitamin B6: 0.99mg (49.38%), Vitamin B3: 8.5mg (42.48%), Selenium: 24.65µg (35.21%), Vitamin B1: 0.43mg (28.84%), Phosphorus: 250.5mg (25.05%), Vitamin A: 1154.03IU (23.08%), Fiber: 5.03g (20.1%), Potassium: 559.18mg (15.98%), Zinc: 2.35mg (15.69%), Vitamin B2: 0.27mg (15.63%), Vitamin K: 15.35µg (14.62%), Iron: 2.46mg (13.65%), Manganese: 0.26mg (13.21%), Magnesium: 49.25mg (12.31%), Vitamin B12: 0.62µg (10.27%), Vitamin B5: 0.96mg (9.59%), Copper: 0.19mg (9.45%), Vitamin E: 1.29mg (8.6%), Folate: 25.68µg (6.42%), Calcium: 46.87mg (4.69%), Vitamin D: 0.23µg (1.51%)