



Turkey and White-Bean Chili

 **Gluten Free**  **Very Healthy**

READY IN



40 min.

SERVINGS



4

CALORIES



907 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons canola oil
- 1 pound pd of ground turkey
- 1 serving coarse mustard
- 1 large onion chopped
- 2 jalapeno diced seeded for milder taste ()
- 2 teaspoons ground cumin
- 1 tablespoon tomato paste
- 38 ounces cannellini beans drained and rinsed canned

- 29 ounces chicken broth reduced-sodium canned
- 1 cup water
- 1 serving cream sour for garnish

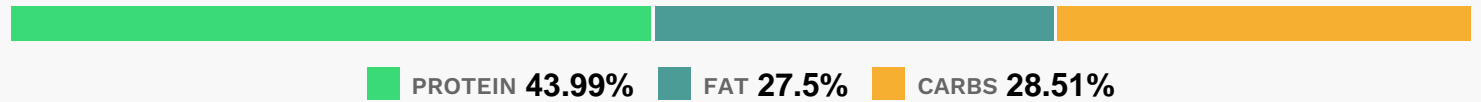
Equipment

- frying pan

Directions

- In a large, deep, skillet, heat oil over medium-high heat.
- Add ground turkey; season with salt and pepper. Cook, breaking up turkey with spoon, until browned, 9 minutes.
- Add onion and jalapenos; cook until soft, 3 minutes. Stir in cumin and tomato paste; cook 2 minutes.
- Add cannellini beans, chicken broth, and water; bring to boil. Reduce heat; simmer until thick, 15 to 20 minutes.
- Garnish with sour cream, cilantro, and radishes, if desired.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:14.84, Inflammation Score:-9, Nutrition Score:45.063043739485%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.97mg, Quercetin: 7.97mg, Quercetin: 7.97mg, Quercetin: 7.97mg

Nutrients (% of daily need)

Calories: 906.91kcal (45.35%), Fat: 27.57g (42.41%), Saturated Fat: 6.24g (39.03%), Carbohydrates: 64.31g (21.44%), Net Carbohydrates: 50.22g (18.26%), Sugar: 3.29g (3.65%), Cholesterol: 166.91mg (55.64%), Sodium: 1114.6mg (48.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 99.23g (198.47%), Selenium: 68.2µg (97.43%), Phosphorus: 841.6mg (84.16%), Vitamin B3: 16.56mg (82.79%), Vitamin B6: 1.65mg (82.69%), Manganese:

1.5mg (75%), Iron: 12.5mg (69.44%), Zinc: 10.32mg (68.81%), Potassium: 2007.88mg (57.37%), Fiber: 14.08g (56.33%), Magnesium: 220.92mg (55.23%), Folate: 198.1µg (49.53%), Vitamin B12: 2.64µg (44%), Copper: 0.85mg (42.27%), Vitamin E: 4.57mg (30.46%), Vitamin B2: 0.45mg (26.74%), Calcium: 254.59mg (25.46%), Vitamin B1: 0.36mg (24.04%), Vitamin K: 19.55µg (18.62%), Vitamin B5: 1.58mg (15.84%), Vitamin C: 12.06mg (14.62%), Vitamin A: 561.63IU (11.23%), Vitamin D: 0.66µg (4.39%)