



Turkey and Zucchini Green Chili



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 19 ounce beans white rinsed drained canned (and)
- ☐ 3 cups chicken stock see
- ☐ 1 handful cilantro leaves chopped ()
- ☐ 1 cup regular corn
- ☐ 1 tablespoon cumin toasted (and ground)
- ☐ 4 cloves garlic chopped ()
- ☐ 1 pound pd of ground turkey
- ☐ 2 jalapeño peppers diced to taste (or ,)

- ☐ 1 tablespoon oil
- ☐ 1 onion diced ()
- ☐ 1 teaspoon oregano
- ☐ 2 cups salsa verde
- ☐ 4 servings salt and pepper to taste
- ☐ 1 pound zucchini cut into bite sized pieces)

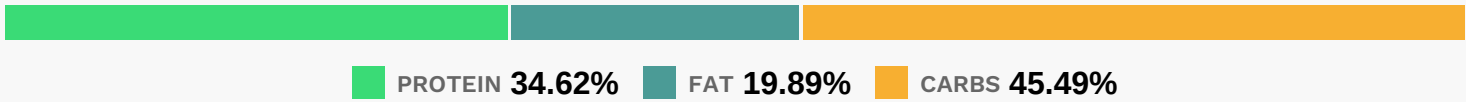
Equipment

- ☐ frying pan

Directions

- ☐ Cook the turkey in a large pan over medium heat, breaking it apart as you go and set aside.
- ☐ Heat the oil in a large pan over medium heat, add the onion and saute until tender, about 5–7 minutes.
- ☐ Add the garlic and cumin and saute until fragrant, about a minute.
- ☐ Add the stock, salsa verde, beans, oregano, peppers, salt and pepper and simmer for 20 minutes.
- ☐ Add the zucchini and corn and simmer until the zucchini is tender, about 10 minutes.
- ☐ Remove from heat and mix in the cilantro.

Nutrition Facts



Properties

Glycemic Index:58.13, Glycemic Load:12.14, Inflammation Score:-9, Nutrition Score:34.055217680724%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.27mg, Quercetin: 7.27mg, Quercetin: 7.27mg, Quercetin: 7.27mg

Nutrients (% of daily need)

Calories: 510.29kcal (25.51%), Fat: 11.39g (17.53%), Saturated Fat: 1.71g (10.7%), Carbohydrates: 58.63g (19.54%), Net Carbohydrates: 48.98g (17.81%), Sugar: 16.43g (18.25%), Cholesterol: 67.77mg (22.59%), Sodium: 1342.61mg (58.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.62g (89.23%), Vitamin B3: 15.41mg (77.05%), Vitamin B6: 1.53mg (76.69%), Manganese: 1.14mg (56.87%), Potassium: 1852.08mg (52.92%), Phosphorus: 524.38mg (52.44%), Vitamin C: 38.74mg (46.96%), Selenium: 32.18µg (45.97%), Iron: 7.2mg (39.97%), Fiber: 9.65g (38.58%), Magnesium: 150.84mg (37.71%), Folate: 150.83µg (37.71%), Zinc: 4.54mg (30.27%), Copper: 0.6mg (29.79%), Vitamin B2: 0.48mg (27.95%), Vitamin B1: 0.38mg (25.46%), Vitamin A: 1239.37IU (24.79%), Vitamin B5: 1.87mg (18.67%), Vitamin K: 19.54µg (18.61%), Calcium: 161.74mg (16.17%), Vitamin E: 2.41mg (16.03%), Vitamin B12: 0.58µg (9.64%), Vitamin D: 0.45µg (3.02%)