



Turkey Caldo Tlalpeno

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15.5 ounce garbanzo beans drained canned (garbanzo beans)
- 0.7 cup cherry tomatoes halved
- 1 teaspoons chipotles in adobo canned minced
- 1 garlic clove minced
- 0.3 cup spring onion thinly sliced
- 4 lime wedges
- 1.5 teaspoons olive oil
- 1.5 cups onion chopped

- 0.5 teaspoon salt
- 1.5 cups turkey cooked chopped
- 4.5 cups turkey stock

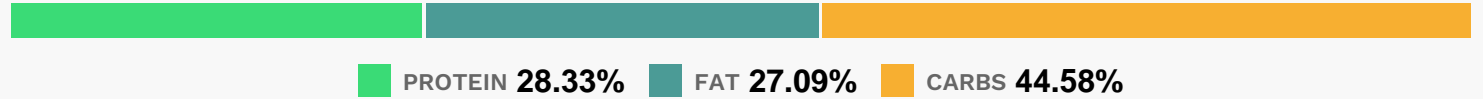
Equipment

- sauce pan

Directions

- Heat the oil in a large saucepan over medium heat.
- Add onion; cook 5 minutes or until tender, stirring frequently.
- Add tomatoes and garlic; cook 2 minutes, stirring frequently.
- Add stock, chipotle, and chickpeas; bring to a simmer. Stir in turkey and salt. Cook 1 minute or until thoroughly heated. Top each serving with 1 tablespoon green onions.
- Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:40.33, Glycemic Load:5.87, Inflammation Score:-6, Nutrition Score:18.171739130435%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg 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: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 13.11mg, Quercetin: 13.11mg, Quercetin: 13.11mg, Quercetin: 13.11mg

Nutrients (% of daily need)

Calories: 296.13kcal (14.81%), Fat: 9.08g (13.97%), Saturated Fat: 1.87g (11.66%), Carbohydrates: 33.62g (11.21%), Net Carbohydrates: 26.79g (9.74%), Sugar: 7.93g (8.81%), Cholesterol: 34.82mg (11.61%), Sodium: 1025.1mg (44.57%), Protein: 21.36g (42.72%), Manganese: 1.03mg (51.56%), Vitamin B6: 1.02mg (50.89%), Vitamin B3: 7.47mg (37.34%), Fiber: 6.83g (27.34%), Phosphorus: 259.01mg (25.9%), Selenium: 16.63µg (23.76%), Vitamin C: 17.39mg (21.08%),

Vitamin B2: 0.34mg (20.16%), Copper: 0.4mg (20.09%), Potassium: 701.59mg (20.05%), Folate: 63.47µg (15.87%), Iron: 2.78mg (15.44%), Magnesium: 60.39mg (15.1%), Vitamin K: 15.43µg (14.69%), Zinc: 1.98mg (13.23%), Vitamin B1: 0.19mg (12.87%), Calcium: 79.06mg (7.91%), Vitamin B5: 0.78mg (7.85%), Vitamin B12: 0.45µg (7.58%), Vitamin A: 239.41IU (4.79%), Vitamin E: 0.56mg (3.7%)