



Turkey Chili

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



5

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce kidney beans red drained and rinsed canned
- 28 ounce canned tomatoes organic crushed undrained canned
- 1 tablespoon chili powder
- 1 teaspoon basil dried
- 1 tablespoon garlic minced
- 0.5 teaspoon garlic powder
- 1 pound pd of ground turkey
- 1 teaspoon hot sauce (recommended: Tabasco)

- 2 cups chicken stock see low-sodium
- 1 tablespoon olive oil
- 0.5 teaspoon oregano dried
- 5.5 teaspoons sea salt
- 1 tablespoon sugar
- 1 cup onions sweet chopped
- 0.3 cup bell peppers yellow chopped

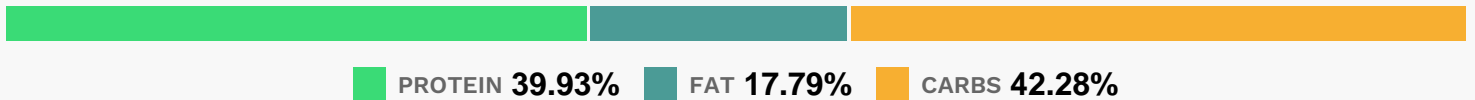
Equipment

- frying pan

Directions

- In a large skillet, saute onions, garlic and bell peppers in olive oil over medium heat until onions are translucent.
- Add ground turkey and cook until browned.
- Add remaining ingredients and stir well to combine. Reduce heat to low and simmer for 1 hour, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:40.02, Glycemic Load:9.58, Inflammation Score:-8, Nutrition Score:25.45434777633%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg

Nutrients (% of daily need)

Calories: 296.21kcal (14.81%), Fat: 6.21g (9.56%), Saturated Fat: 1.18g (7.37%), Carbohydrates: 33.23g (11.08%), Net Carbohydrates: 24.27g (8.82%), Sugar: 12.95g (14.39%), Cholesterol: 49.9mg (16.63%), Sodium: 3125.24mg (135.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.37g (62.75%), Vitamin B3: 12.82mg (64.09%), Vitamin B6: 1.22mg (60.8%), Phosphorus: 401.06mg (40.11%), Vitamin C: 31.66mg (38.37%), Fiber: 8.96g (35.84%), Manganese: 0.69mg (34.33%), Potassium: 1154.44mg (32.98%), Selenium: 22.84µg (32.63%), Copper: 0.58mg (29.04%), Iron: 4.83mg (26.83%), Magnesium: 95.08mg (23.77%), Vitamin E: 3.15mg (20.99%), Vitamin B1: 0.3mg (19.73%), Vitamin K: 20.33µg (19.36%), Zinc: 2.86mg (19.07%), Vitamin B2: 0.3mg (17.47%), Vitamin A: 859.96IU (17.2%), Folate: 62.56µg (15.64%), Vitamin B5: 1.43mg (14.32%), Calcium: 111.79mg (11.18%), Vitamin B12: 0.56µg (9.28%), Vitamin D: 0.36µg (2.42%)