

Turkey Chili

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



166 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 bell pepper cut into 1-inch pieces (any color)
- ☐ 2 teaspoon brown sugar packed
- ☐ 19 ounce black beans rinsed drained canned
- ☐ 28 ounce frangelico whole canned
- ☐ 1 teaspoon chipotle sauce
- ☐ 1 tablespoon chili powder
- ☐ 8 servings lime wedges sour white sliced chopped
- ☐ 2 cups turkey cooked cut into 1-inch pieces

- ☐ 3 tablespoons vegetable oil
- ☐ 0.5 cup water
- ☐ 1 large onion white coarsely chopped

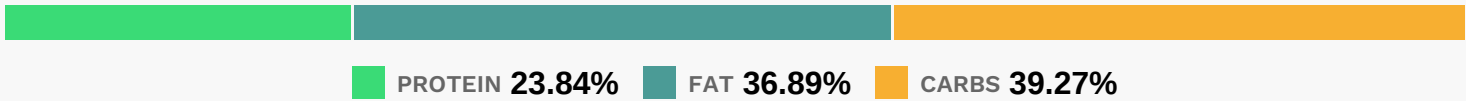
Equipment

- ☐ pot

Directions

- ☐ Cook onion and peppers in oil in a heavy medium pot over medium heat, stirring occasionally, until golden, 12 to 15 minutes.
- ☐ Add spices and brown sugar and cook, stirring, until fragrant, about 1 minute.
- ☐ Add tomatoes with juice, breaking them up with back of a spoon, then add beans, water, and 1 teaspoon salt and simmer, covered, 15 minutes.
- ☐ Stir in turkey and let stand, covered, until heated through, 5 minutes.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:0.79, Inflammation Score:-8, Nutrition Score:12.044782648916%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 165.57kcal (8.28%), Fat: 6.98g (10.73%), Saturated Fat: 1.25g (7.82%), Carbohydrates: 16.71g (5.57%), Net Carbohydrates: 10.57g (3.84%), Sugar: 3.37g (3.75%), Cholesterol: 17.89mg (5.96%), Sodium: 306.29mg (13.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.14g (20.29%), Vitamin C: 41.58mg (50.4%), Vitamin A: 1245.46IU (24.91%), Fiber: 6.14g (24.57%), Vitamin B6: 0.32mg (15.84%), Folate: 60.43µg (15.11%), Vitamin B3: 2.75mg (13.73%), Phosphorus: 134.58mg (13.46%), Manganese: 0.24mg (11.75%), Vitamin K: 11.97µg (11.4%),

Potassium: 375.04mg (10.72%), Iron: 1.85mg (10.26%), Vitamin B2: 0.17mg (9.81%), Selenium: 6.51µg (9.3%),
Magnesium: 37.01mg (9.25%), Vitamin B1: 0.13mg (8.91%), Copper: 0.17mg (8.71%), Vitamin E: 1.3mg (8.65%), Zinc:
0.96mg (6.39%), Vitamin B12: 0.3µg (5.05%), Vitamin B5: 0.46mg (4.55%), Calcium: 37.6mg (3.76%)