



Turkey Chili with Baked Potato

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.5 cup tomatoes diced canned
- ☐ 0.5 cup kidney beans canned drained
- ☐ 1 teaspoon chili powder
- ☐ 3 ounces pd of ground turkey
- ☐ 1 small baking potatoes
- ☐ 1 teaspoon butter unsalted
- ☐ 3 tablespoons onion yellow finely chopped

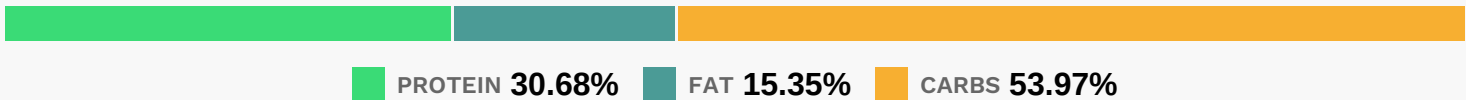
Equipment

- ☐ frying pan
- ☐ knife
- ☐ microwave

Directions

- ☐ Using a paring knife, pierce the potato several times.
- ☐ Place on a plate and microwave on high until tender, about 8 minutes. Meanwhile, crumbling it with a spoon, brown the turkey in a nonstick skillet over medium-high heat for 8 minutes. Stir in the onion, tomatoes, beans, chili powder, and pepper and simmer for 7 minutes.
- ☐ Serve with the baked potato and butter.

Nutrition Facts



Properties

Glycemic Index:195.75, Glycemic Load:29.2, Inflammation Score:-8, Nutrition Score:25.654348062432%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.69mg, Quercetin: 6.69mg, Quercetin: 6.69mg, Quercetin: 6.69mg

Nutrients (% of daily need)

Calories: 375.76kcal (18.79%), Fat: 6.65g (10.23%), Saturated Fat: 3.18g (19.86%), Carbohydrates: 52.6g (17.53%), Net Carbohydrates: 43.23g (15.72%), Sugar: 6.97g (7.74%), Cholesterol: 57.53mg (19.18%), Sodium: 484.63mg (21.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.91g (59.81%), Vitamin B6: 1.6mg (79.91%), Vitamin B3: 11.58mg (57.9%), Potassium: 1502.82mg (42.94%), Phosphorus: 419.47mg (41.95%), Fiber: 9.37g (37.48%), Manganese: 0.73mg (36.34%), Selenium: 21.19µg (30.27%), Vitamin C: 23.79mg (28.84%), Magnesium: 110.02mg (27.51%), Iron: 4.82mg (26.79%), Vitamin B1: 0.36mg (23.95%), Copper: 0.47mg (23.66%), Zinc: 2.85mg (19.01%), Vitamin A: 883.28IU (17.67%), Vitamin B2: 0.3mg (17.63%), Folate: 69.67µg (17.42%), Vitamin B5: 1.58mg (15.8%), Vitamin K: 13.16µg (12.53%), Vitamin E: 1.8mg (11.98%), Calcium: 103.32mg (10.33%), Vitamin B12: 0.44µg (7.37%),

Vitamin D: 0.42µg (2.77%)