



Turkey Chili with White Beans

 **Gluten Free**  **Popular**

READY IN



45 min.

SERVINGS



8

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 0.3 teaspoon ground cinnamon
- 1 tablespoon cocoa powder unsweetened
- 0.3 cup chili powder
- 8 servings cream plain light sour low-fat
- 1.5 teaspoons oregano dried
- 8 ounce tomato sauce canned
- 28 ounce canned tomatoes whole canned

- 1.5 pounds pd of ground turkey lean
- 45 ounce beans white rinsed drained canned
- 8 servings onion red chopped
- 1.5 teaspoons salt
- 3 cups beef broth canned
- 1.5 teaspoons ground cumin
- 1 tablespoon vegetable oil
- 8 servings cilantro leaves fresh chopped
- 2 medium onion chopped

Equipment

- bowl
- ladle
- pot

Directions

- Heat oil in heavy large pot over medium heat.
- Add onions; sauté until light brown and tender, about 10 minutes.
- Add oregano and cumin; stir 1 minute. Increase heat to medium-high.
- Add turkey; stir until no longer pink, breaking up with back of spoon. Stir in chili powder, bay leaves, cocoa powder, salt and cinnamon.
- Add tomatoes with their juices, breaking up with back of spoon.
- Mix in stock and tomato sauce. Bring to boil. Reduce heat; simmer 45 minutes, stirring occasionally.
- Add beans to chili and simmer until flavors blend, about 10 minutes longer. Discard bay leaves. (Can be prepared 1 day ahead. Cover and refrigerate. Rewarm over medium-low heat before continuing.)
- Ladle chili into bowls. Pass red onion, cilantro and yogurt separately.

Nutrition Facts



■ PROTEIN 34.6% ■ FAT 17.25% ■ CARBS 48.15%

Properties

Glycemic Index:26.88, Glycemic Load:11.23, Inflammation Score:-10, Nutrition Score:33.995217354401%

Flavonoids

Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg

Nutrients (% of daily need)

Calories: 405.9kcal (20.29%), Fat: 8.2g (12.61%), Saturated Fat: 2.79g (17.41%), Carbohydrates: 51.48g (17.16%), Net Carbohydrates: 37.99g (13.81%), Sugar: 7.67g (8.52%), Cholesterol: 55.18mg (18.39%), Sodium: 1230.75mg (53.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.99g (73.99%), Manganese: 1.28mg (63.97%), Vitamin B6: 1.23mg (61.74%), Vitamin B3: 11.59mg (57.95%), Fiber: 13.49g (53.98%), Vitamin A: 2648.39IU (52.97%), Iron: 8.99mg (49.94%), Potassium: 1656.99mg (47.34%), Phosphorus: 443.9mg (44.39%), Vitamin E: 6.09mg (40.6%), Magnesium: 153.76mg (38.44%), Copper: 0.75mg (37.63%), Selenium: 25.27µg (36.1%), Folate: 139.07µg (34.77%), Zinc: 4.17mg (27.83%), Calcium: 238.31mg (23.83%), Vitamin K: 24.55µg (23.38%), Vitamin B1: 0.33mg (22.24%), Vitamin B2: 0.35mg (20.48%), Vitamin C: 13.57mg (16.45%), Vitamin B5: 1.53mg (15.31%), Vitamin B12: 0.6µg (9.96%), Vitamin D: 0.39µg (2.59%)