



## Turkey Chipotle Masa Stew

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15 oz canned tomatoes diced canned
- 1 chipotle chilies canned
- 1.5 quarts fat-skimmed chicken broth
- 0.5 cup dehydrated masa flour (corn tortilla flour)
- 0.5 lb onion peeled chopped
- 4 servings parsley sprigs
- 1 pound boned

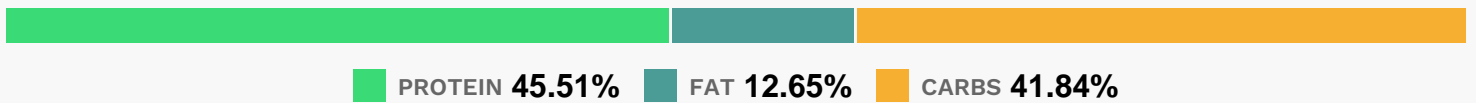
### Equipment

- bowl
- frying pan
- ladle
- whisk
- slotted spoon

## Directions

- In a 4- to 5-quart pan over high heat, bring turkey breast, broth, and onion to a boil. Cover, reduce heat, and simmer until turkey is no longer pink in center of thickest part (cut to test), 8 to 10 minutes.
- With a slotted spoon, lift turkey from broth. When cool enough to touch, in 5 to 6 minutes, tear meat into fine shreds.
- Meanwhile, wearing gloves, cut out and discard chili seeds and veins. Finely chop chilies.
- Whisk masa into broth.
- Add tomatoes (with juice), then chilies to taste. Bring to a boil over high heat, stirring often. Reduce heat and simmer to blend flavors, about 5 minutes.
- Add turkey and stir just until hot, 1 to 2 minutes.
- Ladle into wide bowls.
- Garnish with cilantro sprigs.

## Nutrition Facts



## Properties

Glycemic Index:36.88, Glycemic Load:9.11, Inflammation Score:-8, Nutrition Score:25.412608758263%

## Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 11.52mg, Quercetin: 11.52mg, Quercetin: 11.52mg, Quercetin: 11.52mg

## Nutrients (% of daily need)

Calories: 257.09kcal (12.85%), Fat: 3.79g (5.83%), Saturated Fat: 0.56g (3.49%), Carbohydrates: 28.21g (9.4%), Net Carbohydrates: 22.73g (8.27%), Sugar: 8.69g (9.66%), Cholesterol: 61.24mg (20.41%), Sodium: 1844.72mg (80.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.69g (61.38%), Vitamin B3: 15.09mg (75.47%), Vitamin K: 71.46µg (68.06%), Vitamin B6: 1.22mg (61.22%), Selenium: 36.28µg (51.83%), Phosphorus: 452.3mg (45.23%), Potassium: 852.33mg (24.35%), Vitamin B12: 1.42µg (23.74%), Vitamin C: 19.3mg (23.39%), Fiber: 5.48g (21.92%), Manganese: 0.42mg (20.87%), Magnesium: 82.12mg (20.53%), Copper: 0.39mg (19.73%), Vitamin B2: 0.33mg (19.57%), Iron: 3.22mg (17.9%), Vitamin B5: 1.72mg (17.18%), Zinc: 2.36mg (15.73%), Vitamin B1: 0.2mg (13.29%), Vitamin A: 589.93IU (11.8%), Folate: 43.64µg (10.91%), Calcium: 108.73mg (10.87%), Vitamin E: 1.52mg (10.14%)