



 **55%**
HEALTH SCORE

Turkey Corn Chili

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

READY IN



25 min.

SERVINGS



4

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups broth canned prepared
- 32 ounce canned tomatoes chunky style crushed canned
- 1.5 tablespoons chili powder (a palm full)
- 4 servings coarse salt
- 2 cups corn kernels frozen leftover prepared
- 1 bay leaf fresh
- 1.5 tablespoons ground cumin (a palm full)
- 1 jalapeno seeded chopped

- 1 tablespoon olive oil extra-virgin (1 turn around the pan in a slow stream)
- 1 medium onion chopped
- 1 teaspoon cayenne pepper sauce (several drops)
- 1 large bell pepper green red leftover chopped (use up pepper strips from crudite tray if you have them)
- 2 scallions white chopped
- 1.5 pounds meat turkey meat dark light diced cooked

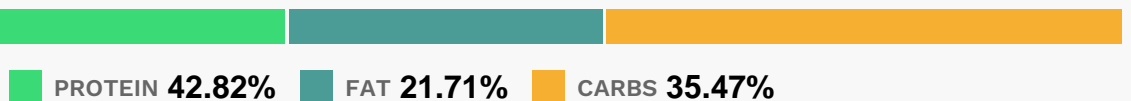
Equipment

- frying pan
- pot
- stove

Directions

- Watch how to make this recipe.
- Heat a deep pot over medium high heat. Work close to the stove for your chopping.
- Add oil to your pot, 1 turn of the pan, and add vegetables as you chop them.
- Add bay leaf and cook vegetables 5 minutes, stirring frequently, reducing heat if veggies start to stick. Stir in diced turkey meat and season with chili powder, cumin, and cayenne sauce. Season with a little salt, to taste.
- Add corn, tomatoes, and broth.
- Combine your chili well, adjust seasonings, reduce heat to medium low, and simmer for 7 to 10 minutes.
- Garnish chili with chopped scallions.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:5.55, Inflammation Score:-9, Nutrition Score:39.583043285038%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg

Nutrients (% of daily need)

Calories: 432.86kcal (21.64%), Fat: 11g (16.92%), Saturated Fat: 2.11g (13.16%), Carbohydrates: 40.42g (13.47%), Net Carbohydrates: 31.63g (11.5%), Sugar: 18.39g (20.43%), Cholesterol: 117.57mg (39.19%), Sodium: 1090.18mg (47.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.79g (97.59%), Vitamin B3: 20.07mg (100.33%), Vitamin B6: 1.78mg (89.06%), Vitamin C: 63.28mg (76.71%), Selenium: 43.9µg (62.71%), Phosphorus: 506.91mg (50.69%), Potassium: 1544.63mg (44.13%), Vitamin B2: 0.69mg (40.35%), Iron: 7.26mg (40.35%), Vitamin A: 1956.61IU (39.13%), Manganese: 0.77mg (38.3%), Copper: 0.74mg (36.86%), Vitamin E: 5.29mg (35.24%), Fiber: 8.79g (35.16%), Vitamin B12: 2.11µg (35.15%), Vitamin K: 34.27µg (32.64%), Magnesium: 128.82mg (32.21%), Zinc: 4.55mg (30.34%), Vitamin B1: 0.39mg (26.1%), Vitamin B5: 2.47mg (24.74%), Folate: 93.48µg (23.37%), Calcium: 149mg (14.9%), Vitamin D: 0.34µg (2.27%)