



Turkey, Squash and Black Bean Chili



Gluten Free



Dairy Free

READY IN



34 min.

SERVINGS



12

CALORIES



123 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces butternut squash peeled cut into 1/2-inch cubes
- ☐ 15.5 oz black beans drained and rinsed canned
- ☐ 14.5 oz canned tomatoes diced canned
- ☐ 1 tablespoon chili powder
- ☐ 1 teaspoon cumin
- ☐ 3 cloves garlic minced
- ☐ 1 pound pd of ground turkey
- ☐ 2 tablespoons olive oil

- ☐ 1 onion finely chopped
- ☐ 0.5 teaspoon salt

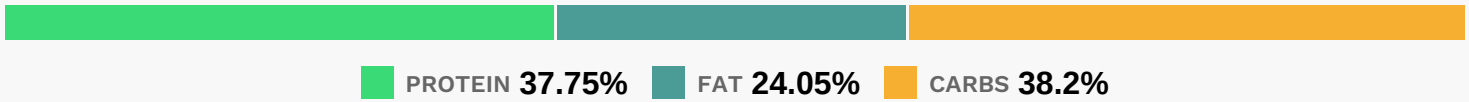
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ microwave

Directions

- ☐ Place squash in a microwave-safe bowl, cover and microwave on high until soft when pierced with a paring knife, about 3 minutes.
- ☐ Warm oil in a large saucepan over medium-high heat.
- ☐ Add onion and garlic and cook, stirring often, until softened, about 3 minutes.
- ☐ Add turkey, chili powder, cumin and salt; cook, breaking up meat with a spoon, until meat is no longer pink, 3 to 5 minutes.
- ☐ Stir in tomatoes, bring to a boil, reduce heat to low and simmer until tomatoes have cooked down and mixture has thickened, stirring occasionally, about 10 minutes.
- ☐ Add squash and beans; cook, stirring, until warmed through, 1 to 2 minutes longer.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:0.96, Inflammation Score:-9, Nutrition Score:11.253912946452%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 123.04kcal (6.15%), Fat: 3.44g (5.29%), Saturated Fat: 0.57g (3.59%), Carbohydrates: 12.28g (4.09%), Net Carbohydrates: 8.3g (3.02%), Sugar: 2.37g (2.63%), Cholesterol: 20.79mg (6.93%), Sodium: 314.51mg (13.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.14g (24.27%), Vitamin A: 2293.63IU (45.87%), Vitamin B3: 4.64mg (23.21%), Vitamin B6: 0.46mg (22.98%), Fiber: 3.98g (15.91%), Phosphorus: 149.19mg (14.92%), Selenium: 9.43µg (13.47%), Potassium: 423.6mg (12.1%), Manganese: 0.23mg (11.5%), Vitamin C: 9.04mg (10.96%), Iron: 1.84mg (10.2%), Magnesium: 39.77mg (9.94%), Folate: 36.88µg (9.22%), Copper: 0.18mg (9.13%), Vitamin E: 1.33mg (8.83%), Vitamin B1: 0.13mg (8.51%), Zinc: 1.04mg (6.97%), Vitamin B2: 0.12mg (6.78%), Vitamin B5: 0.59mg (5.93%), Calcium: 41.97mg (4.2%), Vitamin K: 4.19µg (3.99%), Vitamin B12: 0.19µg (3.21%), Vitamin D: 0.15µg (1.01%)