



White Bean and Turkey Chili



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bell pepper diced
- ☐ 1 tablespoon chili powder
- ☐ 3 cloves garlic minced
- ☐ 1 tablespoon ground cumin
- ☐ 20 ounce jennie-o turkey store® ground turkey lean
- ☐ 16 ounce navy beans white drained canned
- ☐ 1 onion chopped
- ☐ 0.8 cup picante sauce

- ☐ 0.8 teaspoon salt
- ☐ 29 ounce regular stewed tomatoes salsa-style undrained canned
- ☐ 1 4-inch tortillas cut into 1/ strips
- ☐ 1 tablespoon vegetable oil

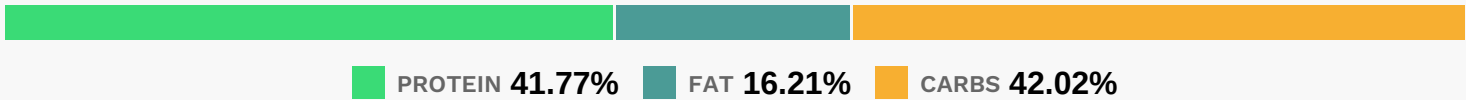
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ ladle
- ☐ oven

Directions

- ☐ In large saucepan over medium heat, cook onion and garlic in oil 5 minutes, stirring occasionally. Crumble turkey into saucepan; sprinkle with chili powder, cumin and salt. Cook 5 minutes, stirring occasionally.
- ☐ Add tomatoes, beans, bell pepper and picante sauce. Bring to a boil over high heat. Reduce heat; simmer uncovered 10 minutes, stirring occasionally.
- ☐ Heat oven to 375 degrees F.
- ☐ Place tortilla strips on baking sheet.
- ☐ Bake 8 minutes or until golden brown. Ladle chili into bowls. Top with tortilla strips and desired toppings.

Nutrition Facts



Properties

Glycemic Index:21.33, Glycemic Load:0.81, Inflammation Score:-9, Nutrition Score:24.353477954865%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 279.1kcal (13.95%), Fat: 5.27g (8.11%), Saturated Fat: 1.01g (6.29%), Carbohydrates: 30.72g (10.24%), Net Carbohydrates: 23.58g (8.57%), Sugar: 8.02g (8.91%), Cholesterol: 51.97mg (17.32%), Sodium: 1220.14mg (53.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.55g (61.09%), Vitamin B3: 11.32mg (56.59%), Vitamin B6: 1.1mg (54.94%), Vitamin C: 39.27mg (47.6%), Selenium: 27.07µg (38.67%), Phosphorus: 375.72mg (37.57%), Vitamin A: 1444.82IU (28.9%), Fiber: 7.15g (28.58%), Iron: 5.14mg (28.54%), Potassium: 982.76mg (28.08%), Manganese: 0.54mg (26.76%), Magnesium: 94.53mg (23.63%), Vitamin E: 3.24mg (21.57%), Copper: 0.42mg (21.2%), Folate: 75.86µg (18.97%), Zinc: 2.75mg (18.32%), Vitamin B1: 0.27mg (18.15%), Vitamin B2: 0.24mg (14.05%), Vitamin K: 13.56µg (12.91%), Vitamin B5: 1.29mg (12.9%), Calcium: 116.51mg (11.65%), Vitamin B12: 0.48µg (8.03%), Vitamin D: 0.38µg (2.52%)