



White Bean and Turkey Chili



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 47.4 ounce great northern beans rinsed drained canned
- ☐ 1 tablespoon canola oil
- ☐ 1.5 tablespoons chili powder
- ☐ 4 cups fat-skimmed beef broth fat-free
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 1.5 teaspoons ground cumin

- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 cup plum tomatoes diced seeded (1)
- ☐ 0.5 teaspoon salt
- ☐ 3 cups turkey cooked chopped
- ☐ 2 cups onion diced yellow (2 medium)

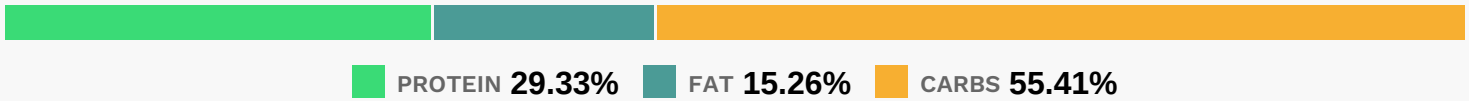
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add onion; saut 10 minutes or until tender and golden.
- ☐ Add chili powder, garlic, and cumin; saut for 2 minutes.
- ☐ Add oregano and beans; cook for 30 seconds.
- ☐ Add broth; bring to a simmer. Cook 20 minutes.
- ☐ Place 2 cups of bean mixture in a blender or food processor, and process until smooth. Return pureed mixture to pan.
- ☐ Add turkey, and cook 5 minutes or until thoroughly heated.
- ☐ Remove from heat.
- ☐ Add diced tomato, chopped cilantro, lime juice, salt, and pepper, stirring well.
- ☐ Garnish with lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:21.13, Glycemic Load:1.1, Inflammation Score:-8, Nutrition Score:19.108260755954%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.6mg, Quercetin: 8.6mg, Quercetin: 8.6mg, Quercetin: 8.6mg

Nutrients (% of daily need)

Calories: 291.91kcal (14.6%), Fat: 5.09g (7.84%), Saturated Fat: 0.95g (5.91%), Carbohydrates: 41.61g (13.87%), Net Carbohydrates: 31.77g (11.55%), Sugar: 2.48g (2.76%), Cholesterol: 26.84mg (8.95%), Sodium: 686.23mg (29.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.03g (44.05%), Manganese: 0.86mg (42.89%), Fiber: 9.84g (39.37%), Folate: 151.51µg (37.88%), Phosphorus: 333.6mg (33.36%), Magnesium: 106.97mg (26.74%), Vitamin B6: 0.53mg (26.39%), Selenium: 18.02µg (25.74%), Potassium: 853.24mg (24.38%), Vitamin B3: 4.61mg (23.05%), Iron: 3.89mg (21.59%), Vitamin B1: 0.3mg (20%), Copper: 0.37mg (18.52%), Vitamin B2: 0.23mg (13.34%), Zinc: 1.98mg (13.2%), Vitamin A: 646.25IU (12.92%), Calcium: 124.2mg (12.42%), Vitamin B12: 0.68µg (11.36%), Vitamin C: 8.83mg (10.7%), Vitamin B5: 1mg (10%), Vitamin K: 8.05µg (7.66%), Vitamin E: 1.08mg (7.23%)