



White Bean and Turkey Pumpkin Chili



Gluten Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 15 ounce pumpkin puree canned
- ☐ 30 ounce beans white drained canned
- ☐ 1 cup carrots diced
- ☐ 1 cup celery diced
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 2 teaspoons garlic minced
- ☐ 0.3 teaspoon lawry's garlic salt

- ☐ 2 teaspoons ground cumin
- ☐ 0.3 cup heavy cream
- ☐ 0.5 teaspoon kosher salt
- ☐ 32 ounces reduced sodium chicken broth
- ☐ 3 cups turkey shredded cooked
- ☐ 1 cup onion white finely chopped

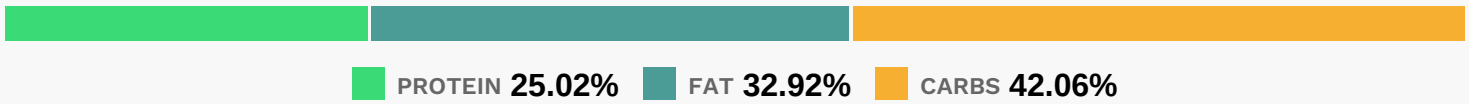
Equipment

- ☐ dutch oven

Directions

- ☐ Heat oil in a large dutch oven or soup pot over medium heat.
- ☐ Saute onion, carrots and celery for about 10 minutes, until slightly softened. Stir in garlic and cook for an additional minute. Stir in cooked turkey or chicken, chicken broth, cream, pumpkin, beans, salt, pepper, garlic salt and cumin. Cook and stir until hot, about 15 minutes then reduce heat to a simmer. Simmer on very low until ready to serve.

Nutrition Facts



Properties

Glycemic Index:25.48, Glycemic Load:6.47, Inflammation Score:-10, Nutrition Score:20.978260786637%

Flavonoids

Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 301.14kcal (15.06%), Fat: 11.37g (17.5%), Saturated Fat: 3.37g (21.06%), Carbohydrates: 32.7g (10.9%), Net Carbohydrates: 24.98g (9.08%), Sugar: 4.24g (4.72%), Cholesterol: 35.24mg (11.75%), Sodium: 326.79mg (14.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.45g (38.9%), Vitamin A: 11139.58IU (222.79%), Manganese:

0.73mg (36.53%), Fiber: 7.72g (30.87%), Iron: 4.98mg (27.67%), Potassium: 906.34mg (25.9%), Vitamin B3: 4.97mg (24.84%), Phosphorus: 240.06mg (24.01%), Folate: 89.86µg (22.46%), Magnesium: 84.86mg (21.21%), Copper: 0.42mg (20.89%), Vitamin B6: 0.41mg (20.69%), Vitamin K: 21.02µg (20.02%), Vitamin E: 2.42mg (16.15%), Selenium: 10.38µg (14.83%), Zinc: 2.2mg (14.66%), Calcium: 126.38mg (12.64%), Vitamin B2: 0.21mg (12.32%), Vitamin B1: 0.16mg (10.75%), Vitamin B12: 0.58µg (9.67%), Vitamin B5: 0.84mg (8.35%), Vitamin C: 5.36mg (6.5%), Vitamin D: 0.23µg (1.54%)