

White Bean Chili

 Gluten Free

READY IN



120 min.

SERVINGS



8

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black
- ☐ 60 oz beans white rinsed canned
- ☐ 1 tablespoon cornmeal fine
- ☐ 3 garlic clove finely chopped
- ☐ 8 oz to 2 chilies slit green rinsed canned
- ☐ 1 tablespoon ground cumin
- ☐ 2 pounds pd of ground turkey
- ☐ 4 cups chicken broth low-sodium

- ☐ 0.5 cup milk 2%
- ☐ 1 teaspoon oregano dried
- ☐ 2 tablespoons vegetable oil
- ☐ 2 large onion white chopped

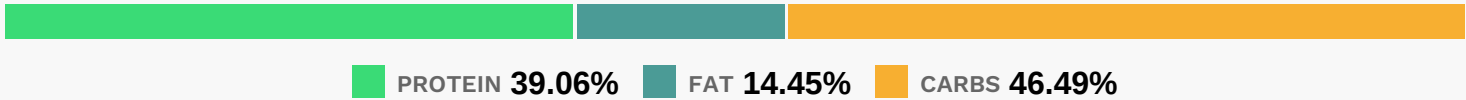
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Heat a 5 1/2- to 6-quart pot over medium high.
- ☐ Add turkey and pepper; cook until brown.
- ☐ Transfer to a bowl.
- ☐ Heat oil in pot over medium.
- ☐ Add onion and garlic; cook until soft (10 minutes). Stir in chilies, cumin, and oregano; cook 1 minute.
- ☐ Add turkey, beans, and broth; cook, covered (1 hour).
- ☐ Whisk cornmeal into milk.
- ☐ Add to chili.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:24.81, Glycemic Load:12.27, Inflammation Score:-8, Nutrition Score:29.836956858635%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg

Nutrients (% of daily need)

Calories: 458.78kcal (22.94%), Fat: 7.53g (11.58%), Saturated Fat: 1.68g (10.48%), Carbohydrates: 54.5g (18.17%), Net Carbohydrates: 42.35g (15.4%), Sugar: 4.11g (4.57%), Cholesterol: 63.55mg (21.18%), Sodium: 208.3mg (9.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.79g (91.59%), Vitamin B3: 13.01mg (65.05%), Manganese: 1.24mg (62.02%), Vitamin B6: 1.22mg (61.07%), Phosphorus: 519.69mg (51.97%), Fiber: 12.15g (48.61%), Iron: 8.23mg (45.7%), Potassium: 1504.29mg (42.98%), Selenium: 29.31µg (41.88%), Folate: 156.3µg (39.07%), Magnesium: 153.23mg (38.31%), Copper: 0.65mg (32.59%), Zinc: 4.73mg (31.51%), Vitamin B1: 0.31mg (20.59%), Calcium: 203.58mg (20.36%), Vitamin B2: 0.28mg (16.3%), Vitamin B5: 1.51mg (15.09%), Vitamin E: 2.13mg (14.18%), Vitamin K: 14.52µg (13.83%), Vitamin B12: 0.77µg (12.91%), Vitamin C: 6.62mg (8.03%), Vitamin D: 0.45µg (3.02%), Vitamin A: 59.05IU (1.18%)