



White Bean, Turkey, and Sausage Chili

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 60 ounce kidney beans white rinsed drained canned (cannellini)
- 32.3 ounce chicken broth low-sodium canned
- 8 cloves garlic
- 1.5 teaspoons garlic powder
- 1 tablespoon ground cumin
- 6 servings salt and ground pepper black to taste
- 1 ounce mild sausage links to package directions and coin italian hot
- 2 jalapeño peppers whole

- 1 tablespoon olive oil
- 2 onions chopped
- 2 turkey cutlets cut into bite sized pieces

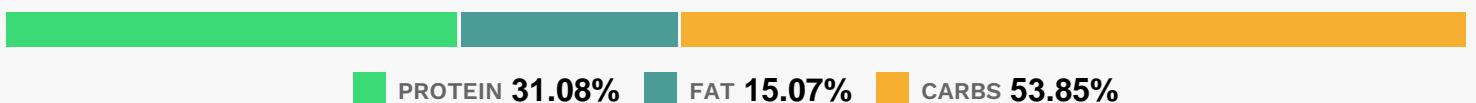
Equipment

- frying pan
- baking sheet
- oven
- aluminum foil

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Wrap the sausages in foil, place them on a baking sheet, and bake for 30 minutes.
- Heat olive oil in a large cast-iron pan over medium-high heat. Cook and stir turkey in hot oil until evenly browned, about 5 minutes.
- Season turkey with 1 tablespoon cumin, 1 1/2 teaspoons garlic powder, salt, and black pepper.
- Add onions and garlic to the turkey; continue to cook and stir until onion is softened, 5 to 7 minutes.
- Pour in the white kidney beans and chicken broth. Season with 1 tablespoon cumin and 1 1/2 teaspoons garlic powder. Simmer over medium heat, stirring occasionally, for 30 minutes.
- Mix in the chopped jalapeno and the whole jalapeno peppers, if desired.
- Remove the sausages from the oven and cut them into bite-sized pieces. Stir the sausage into the chili.
- Cook the chili until the whole jalapeno peppers are tender and chili is thick, about 15 minutes more.

Nutrition Facts



Properties

Glycemic Index:35.17, Glycemic Load:15.29, Inflammation Score:-6, Nutrition Score:18.82695657274%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.75mg, Quercetin: 7.75mg, Quercetin: 7.75mg, Quercetin: 7.75mg

Nutrients (% of daily need)

Calories: 359.4kcal (17.97%), Fat: 6.22g (9.57%), Saturated Fat: 1.38g (8.6%), Carbohydrates: 50.01g (16.67%), Net Carbohydrates: 33.94g (12.34%), Sugar: 7.27g (8.08%), Cholesterol: 26.92mg (8.97%), Sodium: 827.66mg (35.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.87g (57.73%), Fiber: 16.06g (64.24%), Manganese: 1mg (49.99%), Phosphorus: 379.15mg (37.91%), Potassium: 989.41mg (28.27%), Copper: 0.54mg (27.03%), Iron: 4.86mg (27.03%), Magnesium: 97.01mg (24.25%), Vitamin B1: 0.36mg (24.25%), Folate: 82.9µg (20.73%), Vitamin B6: 0.39mg (19.32%), Vitamin B3: 3.82mg (19.12%), Vitamin B2: 0.27mg (15.63%), Zinc: 2.18mg (14.54%), Vitamin C: 11.94mg (14.48%), Vitamin K: 14.33µg (13.64%), Calcium: 115.76mg (11.58%), Selenium: 5.3µg (7.57%), Vitamin B5: 0.48mg (4.83%), Vitamin E: 0.61mg (4.06%), Vitamin B12: 0.2µg (3.26%), Vitamin A: 64.65IU (1.29%)