



White Chili with Ground Turkey



Gluten Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 45 ounce .5 can cannellini beans canned
- ☐ 8 ounce chile peppers green canned chopped
- ☐ 5 cups chicken broth
- ☐ 3 cloves garlic minced
- ☐ 8 servings ground pepper to taste
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 tablespoon ground cumin
- ☐ 8 servings ground pepper white to taste

- ☐ 1.5 pounds pd of ground turkey
- ☐ 2 cups monterrey jack cheese shredded
- ☐ 1 onion chopped
- ☐ 1 tablespoon oregano dried

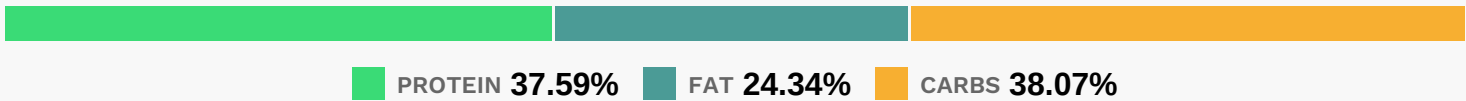
Equipment

- ☐ food processor
- ☐ pot
- ☐ blender

Directions

- ☐ In a large pot over medium heat, combine the onion, garlic and ground turkey and saute for 10 minutes, or until turkey is well browned.
- ☐ Add the chile peppers, cumin, oregano, cinnamon, cayenne pepper to taste and white pepper to taste and saute for 5 more minutes.
- ☐ Add two cans of the beans and the chicken broth to the pot. Take the third can of beans and puree them in a blender or food processor.
- ☐ Add this to the pot along with the cheese. Stir well and simmer for 10 minutes, allowing the cheese to melt.

Nutrition Facts



Properties

Glycemic Index:20.25, Glycemic Load:8.76, Inflammation Score:-9, Nutrition Score:27.982173774553%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 421.73kcal (21.09%), Fat: 11.67g (17.95%), Saturated Fat: 6.06g (37.9%), Carbohydrates: 41.07g (13.69%), Net Carbohydrates: 31.14g (11.32%), Sugar: 2.08g (2.32%), Cholesterol: 74.86mg (24.95%), Sodium: 881.18mg (38.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.56g (81.12%), Manganese: 1.16mg (57.97%), Vitamin B6: 1mg (49.82%), Phosphorus: 492.51mg (49.25%), Vitamin B3: 9.23mg (46.16%), Iron: 7.34mg (40.8%), Fiber: 9.94g (39.76%), Selenium: 26.66µg (38.08%), Calcium: 378.72mg (37.87%), Folate: 137.39µg (34.35%), Potassium: 1144.91mg (32.71%), Magnesium: 127.3mg (31.83%), Zinc: 4.42mg (29.5%), Copper: 0.5mg (24.8%), Vitamin B2: 0.39mg (22.67%), Vitamin A: 1130.63IU (22.61%), Vitamin B1: 0.27mg (17.68%), Vitamin C: 13.09mg (15.87%), Vitamin E: 2.2mg (14.64%), Vitamin B5: 1.17mg (11.7%), Vitamin B12: 0.7µg (11.63%), Vitamin K: 11.02µg (10.49%), Vitamin D: 0.51µg (3.4%)