

White Turkey Chili

 Gluten Free

READY IN



570 min.

SERVINGS



8

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons chicken soup base
- 1.5 teaspoons basil dried
- 1 pound navy beans dried rinsed
- 2 tablespoons cilantro leaves fresh chopped
- 4 cloves garlic finely chopped
- 8 ounces to 2 chilies slit green undrained chopped canned
- 0.3 teaspoon ground cloves
- 2 teaspoons ground cumin

- 0.1 teaspoon ground pepper red (cayenne)
- 0.5 cup cheddar cheese shredded reduced-fat
- 0.5 cup onion chopped
- 1 pound turkey breast tenderloins cut into 1/2-inch pieces
- 6 cups water
- 8 cups water

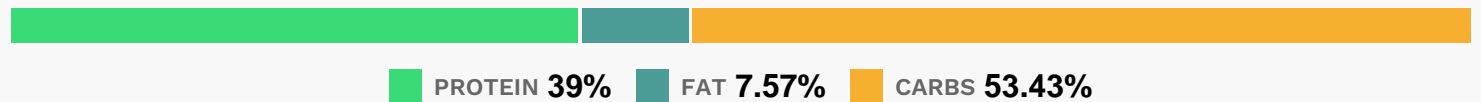
Equipment

- dutch oven

Directions

- Place beans and water in 4-quart Dutch oven. Soak at least 8 hours but no longer than 10 hours; drain.
- Stir in remaining ingredients except turkey and cheese.
- Heat to boiling; reduce heat. Cover and simmer about 1 hour or until beans are tender.
- Stir in turkey. Simmer uncovered about 15 minutes or until turkey is no longer pink in center.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:0.36, Inflammation Score:-7, Nutrition Score:17.371304410469%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 283.87kcal (14.19%), Fat: 2.42g (3.73%), Saturated Fat: 0.72g (4.48%), Carbohydrates: 38.5g (12.83%), Net Carbohydrates: 23.37g (8.5%), Sugar: 3.86g (4.29%), Cholesterol: 26.96mg (8.99%), Sodium: 499.43mg (21.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.1g (56.19%), Fiber: 15.13g (60.51%), Folate: 210.25µg (52.56%),

Manganese: 0.92mg (45.9%), Vitamin B1: 0.45mg (30.18%), Copper: 0.56mg (27.89%), Phosphorus: 275.43mg (27.54%), Magnesium: 109.97mg (27.49%), Iron: 3.71mg (20.63%), Potassium: 716.68mg (20.48%), Zinc: 2.32mg (15.43%), Vitamin B6: 0.28mg (14.18%), Calcium: 141.79mg (14.18%), Selenium: 7.91µg (11.31%), Vitamin B2: 0.12mg (7.22%), Vitamin B3: 1.33mg (6.67%), Vitamin C: 4.71mg (5.71%), Vitamin K: 5.19µg (4.94%), Vitamin B5: 0.47mg (4.66%)