



White Turkey Chili

 **Gluten Free**  **Dairy Free**

READY IN



50 min.

SERVINGS



10

CALORIES



633 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons cooking oil
- 2 lb pd of ground turkey lean
- 1.5 cups onion coarsely chopped
- 1.5 cups celery chopped
- 3 garlic clove minced
- 3 teaspoons cumin
- 2 teaspoons oregano dried
- 43.5 oz chicken broth ready-to-serve canned

- 31 oz great northern beans rinsed drained canned
- 30 oz blackeyed peas rinsed drained canned
- 22 oz corn syrup white canned
- 4 oz chilis green chopped canned
- 2 tablespoons juice of lime fresh

Equipment

- sauce pan
- dutch oven

Directions

- Heat oil in 6-quart saucepan or Dutch oven over medium-high heat until hot.
- Add turkey, onion, celery, garlic, cumin and oregano; mix well. Cook 5 to 6 minutes or until turkey is browned and no longer pink, stirring frequently.
- Add broth, beans, peas, corn and chiles; mix well. Bring to a boil. Reduce heat; simmer 25 to 30 minutes to blend flavors, stirring occasionally. Stir in lime juice.

Nutrition Facts



■ PROTEIN **42.6%**
■ FAT **23.08%**
■ CARBS **34.32%**

Properties

Glycemic Index:14, Glycemic Load:5.63, Inflammation Score:-9, Nutrition Score:34.748260757198%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg

Nutrients (% of daily need)

Calories: 633.34kcal (31.67%), Fat: 16.47g (25.34%), Saturated Fat: 3.8g (23.78%), Carbohydrates: 55.08g (18.36%), Net Carbohydrates: 42.46g (15.44%), Sugar: 8.94g (9.93%), Cholesterol: 111.56mg (37.19%), Sodium: 708.88mg (30.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 68.38g (136.76%), Phosphorus: 721.41mg (72.14%), Folate: 287.76µg (71.94%), Selenium: 49.36µg (70.52%), Vitamin B3: 13.84mg (69.18%), Vitamin B6: 1.34mg (67.09%), Fiber: 12.63g (50.5%), Manganese: 1mg (50.18%), Zinc: 6.81mg (45.39%), Magnesium: 167.23mg (41.81%), Iron: 6.95mg (38.63%), Potassium: 1268.51mg (36.24%), Vitamin B1: 0.43mg (28.82%), Vitamin B12: 1.7µg (28.26%), Copper: 0.54mg (27.21%), Vitamin B2: 0.38mg (22.07%), Vitamin B5: 1.95mg (19.48%), Vitamin C: 12.71mg (15.41%), Vitamin K: 13.62µg (12.97%), Calcium: 117.91mg (11.79%), Vitamin E: 1.39mg (9.26%), Vitamin A: 353.76IU (7.08%), Vitamin D: 0.49µg (3.24%)