



## World's Best Turkey Chili

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

READY IN



90 min.

SERVINGS



6

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15 ounce black beans drained canned
- 16 ounce chili beans in sauce canned
- 1.3 ounce chili seasoning
- 2 cloves garlic minced
- 1 pound pd of ground turkey lean
- 0.5 tablespoon tomato paste
- 0.5 cup tomatoes diced
- 1 teaspoon vegetable oil

- 1 cup water
- 0.5 onion diced white
- 15.3 ounce kernel corn whole canned

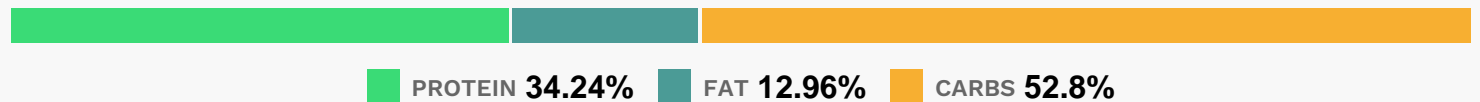
## Equipment

- frying pan
- pot

## Directions

- Heat oil in a skillet over medium heat. Cook and stir onion and garlic in hot oil until soft and translucent, 5 to 10 minutes.
- Heat a large pot over medium-high heat. Cook and stir turkey and chili seasoning in hot pot until turkey is browned and crumbly, 5 to 10 minutes.
- Stir onion-garlic mixture into turkey mixture.
- Add chili beans, corn, black beans, water, diced tomatoes, and tomato paste; stir. Bring to a simmer, reduce heat to low, and simmer until flavors blend, 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:25.83, Glycemic Load:0.67, Inflammation Score:-10, Nutrition Score:22.953913004502%

## Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

## Nutrients (% of daily need)

Calories: 303.81kcal (15.19%), Fat: 4.49g (6.91%), Saturated Fat: 0.86g (5.4%), Carbohydrates: 41.2g (13.73%), Net Carbohydrates: 32.05g (11.66%), Sugar: 11.55g (12.84%), Cholesterol: 41.58mg (13.86%), Sodium: 1458.86mg (63.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.72g (53.44%), Vitamin A: 3568.86IU (71.38%), Vitamin B3: 10.28mg (51.38%), Vitamin B6: 0.97mg (48.52%), Fiber: 9.15g (36.59%), Phosphorus: 343.83mg

(34.38%), Potassium: 999.61mg (28.56%), Selenium: 19.09µg (27.27%), Vitamin E: 3.41mg (22.74%), Iron: 4.05mg (22.5%), Vitamin C: 18.27mg (22.15%), Folate: 83.67µg (20.92%), Magnesium: 77.73mg (19.43%), Copper: 0.37mg (18.39%), Vitamin B2: 0.31mg (18.16%), Manganese: 0.35mg (17.53%), Vitamin B1: 0.26mg (17.07%), Zinc: 2.35mg (15.68%), Vitamin K: 11.24µg (10.7%), Vitamin B5: 0.97mg (9.74%), Vitamin B12: 0.39µg (6.43%), Calcium: 63.98mg (6.4%), Vitamin D: 0.3µg (2.02%)