



Cherry Chipotle Chili

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 2 cups cherries fresh black pitted ()
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 28 ounces tomatoes diced canned
- ☐ 15 ounces beans white rinsed drained canned (such as cannellini or navy)
- ☐ 2 medium carrots diced
- ☐ 1 tablespoon chili powder
- ☐ 2 chipotles in adobo diced canned

- ☐ 1 tablespoon garlic chopped
- ☐ 0.5 pound pd of ground turkey lean
- ☐ 0.3 cup nonfat greek yogurt plain
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.8 teaspoon salt (preferably kosher)
- ☐ 1 medium onion diced yellow

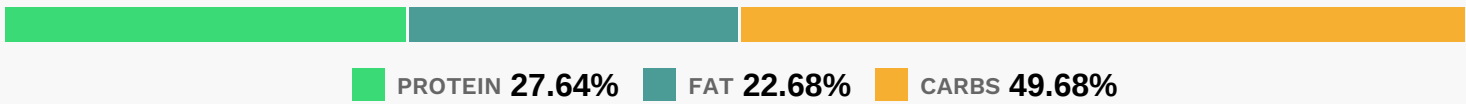
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ In a large pot, heat oil over medium-high heat. Cook turkey with salt and pepper, stirring, until browned, 5 to 10 minutes.
- ☐ Add carrots, onion and garlic; cook, stirring occasionally, until carrots soften, 3 to 5 minutes. Stir in chili powder.
- ☐ Add tomatoes, cherries, chipotles, bay leaves and 1/2 cup water; bring to a boil. Reduce to a simmer; cook, stirring once or twice, until chili thickens, 10 to 15 minutes.
- ☐ Add beans; cook 2 minutes. Flavor with chipotle sauce to taste.
- ☐ Remove bay leaves. Divide chili among 4 bowls. Top each with 1 tablespoon yogurt and garnish with cilantro, if desired, before serving.
- ☐ Per serving: 342 calories, 11 grams fat, 2 grams saturated, 45 grams carbohydrates, 12 grams fiber, 21 grams protein
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:41.71, Glycemic Load:7.14, Inflammation Score:-10, Nutrition Score:28.811739185582%

Flavonoids

Cyanidin: 16.77mg, Cyanidin: 16.77mg, Cyanidin: 16.77mg, Cyanidin: 16.77mg Peonidin: 0.45mg, Peonidin: 0.45mg, Peonidin: 0.45mg, Peonidin: 0.45mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 1.97mg, Epicatechin: 1.97mg, Epicatechin: 1.97mg, Epicatechin: 1.97mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 7.43mg, Quercetin: 7.43mg, Quercetin: 7.43mg, Quercetin: 7.43mg

Nutrients (% of daily need)

Calories: 351.28kcal (17.56%), Fat: 9.28g (14.27%), Saturated Fat: 1.48g (9.26%), Carbohydrates: 45.72g (15.24%), Net Carbohydrates: 34.95g (12.71%), Sugar: 13.09g (14.54%), Cholesterol: 31.81mg (10.6%), Sodium: 815.62mg (35.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.43g (50.86%), Vitamin A: 6600.81IU (132.02%), Vitamin B6: 0.96mg (47.98%), Manganese: 0.93mg (46.51%), Fiber: 10.77g (43.06%), Vitamin B3: 7.85mg (39.25%), Potassium: 1316.57mg (37.62%), Iron: 6.5mg (36.11%), Vitamin C: 28.1mg (34.06%), Phosphorus: 315.84mg (31.58%), Vitamin E: 4.25mg (28.31%), Magnesium: 108.68mg (27.17%), Folate: 106.26µg (26.56%), Copper: 0.52mg (26.24%), Selenium: 16.54µg (23.62%), Vitamin K: 20.62µg (19.64%), Vitamin B1: 0.29mg (19.11%), Calcium: 190.86mg (19.09%), Zinc: 2.82mg (18.79%), Vitamin B2: 0.31mg (18.25%), Vitamin B5: 1.19mg (11.93%), Vitamin B12: 0.38µg (6.28%), Vitamin D: 0.23µg (1.51%)