



## Chili with Chipotle and Chocolate

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons ancho chili powder
- 0.5 teaspoon pepper black freshly ground
- 3 tablespoons brown sugar
- 2 chipotles in adobo canned minced
- 29 ounce tomatoes diced undrained canned
- 30 ounce pinto beans rinsed drained canned
- 14 ounce fat-skimmed beef broth fat-free canned
- 1 teaspoon garlic minced

- 1 teaspoon cumin
- 1.3 pounds pd of ground turkey
- 2 cups onion diced ( 1 large)
- 1 cup bell pepper red chopped
- 0.3 teaspoon salt
- 0.5 cup cream light sour
- 2 ounces baker's chocolate unsweetened chopped
- 1 tablespoon cocoa powder unsweetened

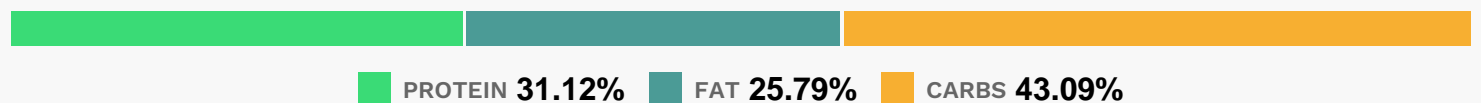
## Equipment

- bowl
- frying pan
- ladle
- dutch oven

## Directions

- Heat a Dutch oven over medium–high heat. Coat pan with cooking spray.
- Add onion, bell pepper, garlic, and turkey to pan; saut 8 minutes or until turkey is browned and vegetables are tender.
- Add sugar and next 9 ingredients (through chipotle) to pan, stirring to blend; bring to a boil. Reduce heat; simmer 15 minutes or until slightly thickened, stirring occasionally.
- Add chocolate, stirring to melt. Ladle 1 1/4 cups chili in each of 8 bowls; top each serving with 1 tablespoon sour cream.
- Garnish with green onions.

## Nutrition Facts



## Properties

Glycemic Index:21.38, Glycemic Load:6.18, Inflammation Score:0, Nutrition Score:23.74000017021%

## Flavonoids

Catechin: 4.96mg, Catechin: 4.96mg, Catechin: 4.96mg, Catechin: 4.96mg Epicatechin: 11.28mg, Epicatechin: 11.28mg, Epicatechin: 11.28mg, Epicatechin: 11.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.75mg, Quercetin: 8.75mg, Quercetin: 8.75mg, Quercetin: 8.75mg

## Nutrients (% of daily need)

Calories: 299.3kcal (14.96%), Fat: 9.22g (14.18%), Saturated Fat: 4.37g (27.29%), Carbohydrates: 34.67g (11.56%), Net Carbohydrates: 25.13g (9.14%), Sugar: 11.42g (12.69%), Cholesterol: 47.46mg (15.82%), Sodium: 786.84mg (34.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.11mg (2.37%), Protein: 25.03g (50.07%), Vitamin B6: 0.97mg (48.38%), Vitamin C: 37.38mg (45.31%), Manganese: 0.89mg (44.39%), Vitamin B3: 8.78mg (43.89%), Fiber: 9.53g (38.13%), Phosphorus: 352.18mg (35.22%), Copper: 0.6mg (29.75%), Iron: 5.32mg (29.57%), Vitamin A: 1408.54IU (28.17%), Potassium: 947.21mg (27.06%), Selenium: 18.81µg (26.87%), Magnesium: 106.01mg (26.5%), Zinc: 2.99mg (19.93%), Vitamin E: 2.51mg (16.75%), Folate: 59.78µg (14.94%), Vitamin B2: 0.24mg (14%), Calcium: 132.86mg (13.29%), Vitamin B1: 0.2mg (13.24%), Vitamin B5: 1.15mg (11.47%), Vitamin K: 9.54µg (9.09%), Vitamin B12: 0.49µg (8.18%), Vitamin D: 0.28µg (1.89%)