



Chili with Chipotle and Chocolate

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



290 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 ground 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

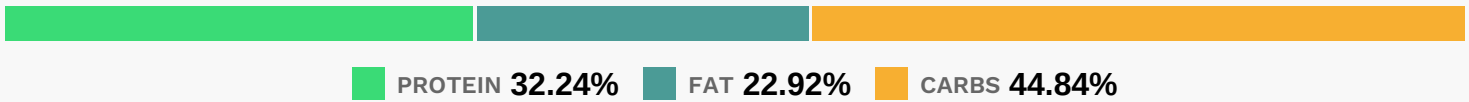
Equipment

- ☐ 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:-9, Nutrition Score:23.727826201397%

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: 290.38kcal (14.52%), Fat: 7.96g (12.24%), Saturated Fat: 3.86g (24.14%), Carbohydrates: 35.02g (11.67%), Net Carbohydrates: 25.49g (9.27%), Sugar: 10.96g (12.18%), Cholesterol: 44.01mg (14.67%), Sodium: 794.31mg (34.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 7.11mg (2.37%), Protein: 25.18g (50.37%), Vitamin B6: 0.96mg (48.23%), Vitamin C: 37.38mg (45.31%), Manganese: 0.89mg (44.31%), Vitamin B3: 8.77mg (43.87%), Fiber: 9.53g (38.13%), Phosphorus: 351.46mg (35.15%), Copper: 0.59mg (29.73%), Iron: 5.32mg (29.57%), Potassium: 959.71mg (27.42%), Vitamin A: 1366.13IU (27.32%), Selenium: 18.72µg (26.74%), Magnesium: 106.01mg (26.5%), Zinc: 3.01mg (20.09%), Vitamin E: 2.5mg (16.68%), Folate: 60.5µg (15.12%), Calcium: 138.61mg (13.86%), Vitamin B2: 0.23mg (13.59%), Vitamin B1: 0.2mg (13.43%), Vitamin B5: 1.1mg (10.98%), Vitamin K: 9.4µg (8.95%), Vitamin B12: 0.52µg (8.68%), Vitamin D: 0.31µg (2.08%)