



Chipotle Chicken Chili



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



4

CALORIES



549 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons chiles in adobo sauce
- ☐ 1 leaf bay leaves
- ☐ 4 servings pepper flakes diced seeds removed and
- ☐ 4 servings chipotle sauce minced
- ☐ 3 cloves garlic minced
- ☐ 1 tablespoon ginger minced
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 teaspoons ground coriander

- ☐ 1 tablespoon ground cumin
- ☐ 1 pound pd of ground turkey
- ☐ 2 cups chicken stock low sodium
- ☐ 116 ounce turtle beans drained and rinsed
- ☐ 2 tablespoons olive oil

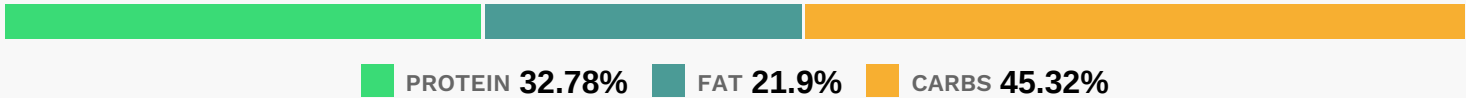
Equipment

- ☐ pot
- ☐ spatula

Directions

- ☐ Heat a heavy bottomed pot over medium-high heat, then add the olive oil, onions, celery, Poblano, garlic, ginger, bay leaf, cumin, coriander, and cinnamon.
- ☐ Sautee until the onions are tender and translucent (about 15-20 minutes).Move the onions to the side and add the ground chicken. Press it down flat, and use a spatula to break it up into large chunks. Continue sautéing until the chicken is cooked.
- ☐ Add the chipotles, adobo sauce, chicken stock, and cannellini beans.
- ☐ Let the chili simmer uncovered over medium-low heat until it's thick (about 1 hour). Taste and add salt as needed.
- ☐ Serve garnished with cheese and cilantro.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:11.66, Inflammation Score:-10, Nutrition Score:37.307391073393%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 549.47kcal (27.47%), Fat: 14.07g (21.65%), Saturated Fat: 2.05g (12.81%), Carbohydrates: 65.53g (21.84%), Net Carbohydrates: 51.85g (18.85%), Sugar: 1.37g (1.52%), Cholesterol: 62.37mg (20.79%), Sodium: 1691.65mg (73.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.4g (94.79%), Vitamin C: 188.68mg (228.7%), Folate: 834.79µg (208.7%), Magnesium: 270.7mg (67.67%), Iron: 11.83mg (65.74%), Potassium: 2260.35mg (64.58%), Vitamin B3: 12.91mg (64.57%), Phosphorus: 628.75mg (62.87%), Fiber: 13.68g (54.73%), Vitamin B6: 1.07mg (53.61%), Calcium: 418.74mg (41.87%), Copper: 0.75mg (37.57%), Zinc: 5.61mg (37.38%), Selenium: 26.06µg (37.23%), Vitamin B12: 0.7µg (11.61%), Vitamin B2: 0.18mg (10.4%), Vitamin B5: 1.04mg (10.36%), Vitamin E: 1.46mg (9.74%), Manganese: 0.18mg (9.09%), Vitamin B1: 0.1mg (6.53%), Vitamin K: 6.51µg (6.2%), Vitamin A: 164.8IU (3.3%), Vitamin D: 0.45µg (3.02%)