



Chipotle-Corn Chili

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce canned tomatoes diced undrained canned
- 1.8 cups whole-kernel corn
- 1 pound coarsely ground round chili meat
- 0.3 teaspoon pepper
- 1.5 cups bottled chunky chipotle salsa
- 3 ounces preshredded mexican blend cheese reduced-fat (such as Sargento)

Equipment

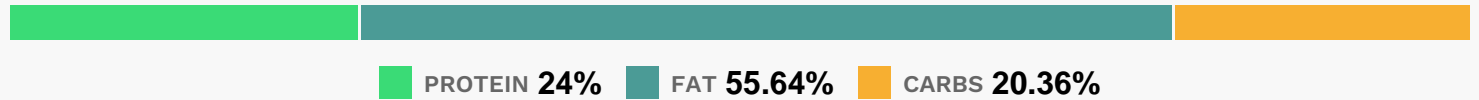
- bowl

- ladle
- dutch oven

Directions

- Combine meat and pepper in a small Dutch oven coated with cooking spray. Cook over medium-high heat 10 minutes or until browned, stirring to crumble.
- Drain, if necessary.
- Reduce heat to medium; add corn, and cook, uncovered, 3 minutes, stirring occasionally.
- Add diced tomatoes and salsa; cook, uncovered, 5 minutes, stirring occasionally. Ladle into each of 4 soup bowls. Top each serving with 3 tablespoons cheese and, if desired, pumpkinseeds.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:2.12, Inflammation Score:-7, Nutrition Score:22.121304180311%

Nutrients (% of daily need)

Calories: 473.7kcal (23.68%), Fat: 30.09g (46.3%), Saturated Fat: 12.55g (78.47%), Carbohydrates: 24.78g (8.26%), Net Carbohydrates: 19.6g (7.13%), Sugar: 11.68g (12.98%), Cholesterol: 100.71mg (33.57%), Sodium: 1127.4mg (49.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.21g (58.42%), Vitamin B12: 2.69µg (44.8%), Zinc: 6.08mg (40.56%), Vitamin B3: 7.88mg (39.42%), Phosphorus: 369.59mg (36.96%), Vitamin B6: 0.73mg (36.6%), Selenium: 22.13µg (31.61%), Potassium: 973.28mg (27.81%), Iron: 4.28mg (23.76%), Vitamin B2: 0.38mg (22.6%), Calcium: 225.48mg (22.55%), Fiber: 5.17g (20.7%), Manganese: 0.41mg (20.6%), Vitamin E: 3.06mg (20.39%), Copper: 0.35mg (17.56%), Magnesium: 69.31mg (17.33%), Vitamin A: 862.04IU (17.24%), Vitamin C: 12.46mg (15.1%), Folate: 54.53µg (13.63%), Vitamin B5: 1.36mg (13.61%), Vitamin B1: 0.19mg (12.77%), Vitamin K: 12.32µg (11.73%), Vitamin D: 0.22µg (1.46%)