



## Chipotle Turkey Chili

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.8 lb pd of ground turkey lean
- 0.5 cup onion chopped
- 1 tablespoon garlic finely chopped
- 1 cup corn whole frozen thawed
- 15 oz cannellini beans undrained canned
- 0.5 cup chicken broth (from 32-oz carton)
- 0.3 teaspoon salt
- 1 chipotles in adobo finely chopped (from 7-oz can)

- 0.5 cup cream sour reduced-fat
- 0.5 cup cilantro leaves fresh chopped
- 1.3 oz colby cheese shredded

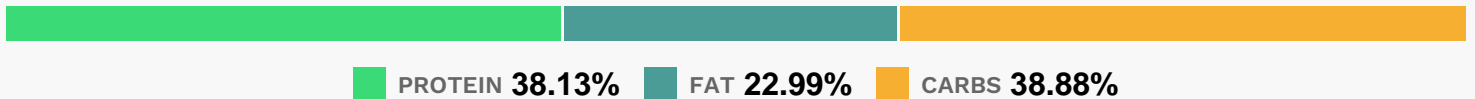
## Equipment

- sauce pan

## Directions

- In 4-quart saucepan, cook turkey, onion and garlic over medium-high heat 4 to 6 minutes, stirring occasionally, until turkey is no longer pink; drain.
- Stir in corn, beans, broth, salt and chile.
- Heat to boiling. Reduce heat to medium; cover and simmer 10 to 15 minutes to blend flavors, stirring occasionally.
- Stir in 1/4 cup of the sour cream and 1/4 cup of the cilantro.
- Serve with remaining 1/4 cup sour cream, 1/4 cup cilantro and the cheese.

## Nutrition Facts



## Properties

Glycemic Index:30, Glycemic Load:6.01, Inflammation Score:-6, Nutrition Score:19.515217418256%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg

## Nutrients (% of daily need)

Calories: 336.23kcal (16.81%), Fat: 8.69g (13.36%), Saturated Fat: 4.4g (27.49%), Carbohydrates: 33.06g (11.02%), Net Carbohydrates: 27.15g (9.87%), Sugar: 1.68g (1.87%), Cholesterol: 66.4mg (22.13%), Sodium: 447.18mg (19.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.41g (64.83%), Vitamin B3: 8.82mg (44.11%), Vitamin B6: 0.87mg (43.68%), Phosphorus: 379.77mg (37.98%), Selenium: 23.28µg (33.25%), Manganese: 0.66mg (32.82%), Potassium: 902.95mg (25.8%), Folate: 96.74µg (24.19%), Fiber: 5.92g (23.66%), Iron: 4.23mg (23.51%), Magnesium: 91.66mg (22.91%), Zinc: 3.31mg (22.1%), Calcium: 197mg (19.7%), Copper: 0.34mg (16.95%), Vitamin B2: 0.23mg

(13.67%), Vitamin B1: 0.19mg (12.94%), Vitamin B12: 0.64µg (10.65%), Vitamin B5: 1.02mg (10.16%), Vitamin K: 9.8µg (9.33%), Vitamin E: 1.08mg (7.2%), Vitamin A: 345.81IU (6.92%), Vitamin C: 3.54mg (4.29%), Vitamin D: 0.45µg (3.03%)