



## Crescent-Topped Turkey Chili Mole

 Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 oz baker's chocolate
- ☐ 1 tablespoon chili powder
- ☐ 1 tablespoon cilantro leaves chopped
- ☐ 1 tablespoon cornmeal
- ☐ 28 oz canned tomatoes fire roasted organic crushed undrained muir glen® canned
- ☐ 2 cloves garlic finely chopped
- ☐ 1 lb pd of ground turkey
- ☐ 1 medium jalapeno seeded finely chopped

- ☐ 0.3 teaspoon pepper
- ☐ 15 oz pinto beans red drained canned
- ☐ 8 oz regular crescent rolls refrigerated pillsbury® canned
- ☐ 0.5 teaspoon salt

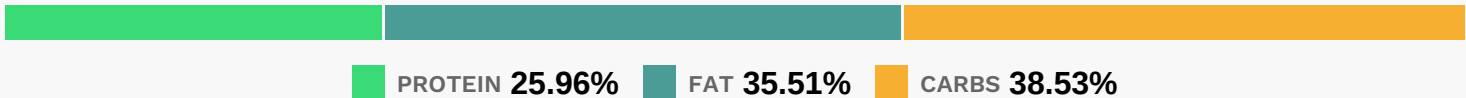
## Equipment

- ☐ oven
- ☐ baking pan
- ☐ dutch oven
- ☐ glass baking pan

## Directions

- ☐ In 4-quart Dutch oven, cook turkey, chiles and garlic over medium heat 5 to 8 minutes, stirring occasionally, until turkey is no longer pink.
- ☐ Stir in chili powder, salt, pepper, chocolate, tomatoes and beans.
- ☐ Heat to boiling, stirring occasionally; reduce heat. Simmer uncovered 15 minutes, stirring occasionally.
- ☐ Meanwhile, heat oven to 375°F. Lightly spray 12x8-inch (2-quart) glass baking dish with cooking spray. Unroll dough and separate into 2 long rectangles; firmly press perforations to seal.
- ☐ Sprinkle both sides with cornmeal, gently pressing in with palm of hand. Spoon chili mixture into baking dish.
- ☐ Place dough rectangles over chili, leaving center open for steam to escape.
- ☐ Bake 15 to 20 minutes or until crust is golden brown.
- ☐ Sprinkle with cilantro.

## Nutrition Facts



## Properties

Glycemic Index:39.92, Glycemic Load:4.23, Inflammation Score:-7, Nutrition Score:16.634782459425%

Flavonoids

Catechin: 6.08mg, Catechin: 6.08mg, Catechin: 6.08mg, Catechin: 6.08mg Epicatechin: 13.4mg, Epicatechin: 13.4mg, Epicatechin: 13.4mg, Epicatechin: 13.4mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 365.41kcal (18.27%), Fat: 15.25g (23.46%), Saturated Fat: 6.96g (43.53%), Carbohydrates: 37.21g (12.4%), Net Carbohydrates: 30.64g (11.14%), Sugar: 7.87g (8.75%), Cholesterol: 41.58mg (13.86%), Sodium: 947.24mg (41.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 7.56mg (2.52%), Protein: 25.08g (50.16%), Vitamin B3: 7.89mg (39.46%), Vitamin B6: 0.76mg (38.16%), Manganese: 0.69mg (34.37%), Phosphorus: 284.66mg (28.47%), Iron: 4.77mg (26.52%), Fiber: 6.58g (26.31%), Selenium: 18µg (25.72%), Copper: 0.49mg (24.35%), Magnesium: 80.75mg (20.19%), Vitamin A: 973.62IU (19.47%), Zinc: 2.76mg (18.42%), Potassium: 539.72mg (15.42%), Calcium: 91.94mg (9.19%), Vitamin B5: 0.81mg (8.14%), Vitamin E: 1.1mg (7.31%), Vitamin B1: 0.11mg (7.27%), Vitamin C: 5.98mg (7.25%), Vitamin B2: 0.12mg (6.9%), Folate: 27.36µg (6.84%), Vitamin B12: 0.39µg (6.43%), Vitamin K: 4.61µg (4.39%), Vitamin D: 0.3µg (2.02%)