



Easy Turkey Chili Mole from Longmeadow Farm

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 11 ounce cannellini beans canned
- 35 ounce canned tomatoes whole chopped canned
- 1 tablespoon chili powder (depending on your taste)
- 0.5 cinnamon sticks (or)
- 1 teaspoon cilantro leaves
- 1 teaspoon cumin
- 1 teaspoon cilantro leaves fresh

- 1 garlic clove minced
- 0.3 teaspoon ground pepper red to taste
- 0.3 teaspoon jalapeno
- 1 tablespoon cream sour low-fat
- 1 large onion chopped
- 0.5 teaspoon oregano dried
- 0.3 teaspoon pepper to taste ()
- 1 tablespoon red wine vinegar
- 0.3 teaspoon salt to taste ()
- 1 tablespoon cheese shredded
- 1 medium tomatoes fresh chopped
- 1 lb turkey cubed (or)
- 1.5 ounces baker's chocolate unsweetened
- 1 tablespoon vegetable oil or any oil that you wish)

Equipment

- bowl
- frying pan
- sauce pan

Directions

- Cook turkey in oil in a heavy bottomed saucepan, stirring until crumbly.
- Remove turkey from pan, and drain, leaving 1 tablespoon of oil in pan.
- Add onion, garlic to pan, and cook 3 minutes until soft.
- Add canned tomatoes, fresh tomato (if using), cumin, coriander, chili powder, oregano, and cinnamon stick to this mixture.Simmer uncovered for 15 minutes.
- Add turkey to this mixture, and cook for 30 minutes, letting liquid evaporate, stirring occasionally.Stir in chocolate, vinegar, and beans. Cook until chocolate is melted and combined well.

Add salt, pepper, red pepper, and jalapeno powder to taste, if using.

Remove cinnamon stick.Spoon in to bowls, garnish with cilantro, and sour cream, and cheese.

Nutrition Facts

PROTEIN 27.35% **FAT 32.05%** **CARBS 40.6%**

Properties

Glycemic Index:91.5, Glycemic Load:10.26, Inflammation Score:-9, Nutrition Score:33.758695395096%

Flavonoids

Catechin: 6.84mg, Catechin: 6.84mg, Catechin: 6.84mg, Catechin: 6.84mg Epicatechin: 15.08mg, Epicatechin: 15.08mg, Epicatechin: 15.08mg, Epicatechin: 15.08mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.85mg, Quercetin: 7.85mg, Quercetin: 7.85mg, Quercetin: 7.85mg

Nutrients (% of daily need)

Calories: 407.99kcal (20.4%), Fat: 15.76g (24.24%), Saturated Fat: 5.86g (36.65%), Carbohydrates: 44.91g (14.97%), Net Carbohydrates: 32.51g (11.82%), Sugar: 13.92g (15.47%), Cholesterol: 60.7mg (20.23%), Sodium: 622.52mg (27.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.5mg (2.83%), Protein: 30.26g (60.52%), Manganese: 1.57mg (78.27%), Copper: 1.11mg (55.33%), Vitamin B6: 1.05mg (52.41%), Iron: 9.13mg (50.74%), Vitamin B3: 9.93mg (49.66%), Fiber: 12.41g (49.62%), Potassium: 1547.63mg (44.22%), Magnesium: 158.67mg (39.67%), Phosphorus: 379.35mg (37.94%), Vitamin C: 30.64mg (37.14%), Vitamin E: 5.18mg (34.55%), Selenium: 21.97µg (31.39%), Vitamin A: 1523.91IU (30.48%), Zinc: 4.33mg (28.89%), Vitamin K: 29.7µg (28.28%), Folate: 105.27µg (26.32%), Vitamin B1: 0.36mg (23.77%), Vitamin B2: 0.37mg (21.61%), Calcium: 209.62mg (20.96%), Vitamin B12: 1.04µg (17.39%), Vitamin B5: 1.61mg (16.1%), Vitamin D: 0.26µg (1.71%)