



Hot and Spicy Chorizo Chili

 Gluten Free

READY IN



115 min.

SERVINGS



10

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 oz canned tomatoes whole organic peeled undrained canned
- 3 chipotles in adobo (from 7-oz can)
- 2 lb chorizo sausage cut smoked sliced
- 3 cups onion chopped
- 3 tablespoons garlic finely chopped
- 2 tablespoons paprika
- 1 tablespoon ground cumin
- 1 tablespoon oregano dried

- 2 teaspoons kosher salt (coarse)
- 0.5 teaspoon ground pepper red (cayenne)
- 0.5 teaspoon ground coriander
- 1.8 cups chicken broth (from 32-oz carton)
- 12 oz coca-cola canned
- 0.5 cup chicken broth dry red
- 0.5 cup water
- 45 oz black beans rinsed drained canned
- 1 oz baker's chocolate unsweetened chopped
- 0.3 cup juice of lime fresh (1 medium lime)
- 0.3 cup cilantro leaves fresh chopped
- 8 oz cream sour

Equipment

- food processor
- dutch oven

Directions

- In food processor, place tomatoes and chiles. Cover; process, using quick on-and-off motions, until blended. Set aside.
- Heat 5-quart Dutch oven over medium-high heat.
- Add chorizo and onions; cook, stirring occasionally, until onions are softened.
- Add garlic, paprika, cumin, oregano, salt, red pepper and coriander; cook and stir 1 minute.
- Stir in tomato mixture, broth, carbonated beverage, wine, water, beans and chocolate.
- Heat to boiling; reduce heat. Simmer uncovered 1 hour.
- Stir in lime juice and cilantro.
- Serve with sour cream.

Nutrition Facts



■ PROTEIN 19.12% ■ FAT 42.75% ■ CARBS 38.13%

Properties

Glycemic Index:20.9, Glycemic Load:3.33, Inflammation Score:-9, Nutrition Score:17.80782623913%

Flavonoids

Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg Epicatechin: 4.02mg, Epicatechin: 4.02mg, Epicatechin: 4.02mg, Epicatechin: 4.02mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 10.43mg, Quercetin: 10.43mg, Quercetin: 10.43mg, Quercetin: 10.43mg

Nutrients (% of daily need)

Calories: 386.26kcal (19.31%), Fat: 18.79g (28.92%), Saturated Fat: 10.71g (66.94%), Carbohydrates: 37.71g (12.57%), Net Carbohydrates: 25.46g (9.26%), Sugar: 8.62g (9.58%), Cholesterol: 78.44mg (26.15%), Sodium: 1280.05mg (55.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.99mg (1.66%), Protein: 18.91g (37.82%), Fiber: 12.25g (49.01%), Vitamin C: 33.88mg (41.07%), Manganese: 0.68mg (34.06%), Iron: 5.93mg (32.97%), Vitamin A: 1476.18IU (29.52%), Folate: 98.41µg (24.6%), Copper: 0.45mg (22.7%), Phosphorus: 214.42mg (21.44%), Potassium: 745.43mg (21.3%), Magnesium: 78.09mg (19.52%), Vitamin B2: 0.31mg (18.18%), Vitamin B1: 0.27mg (18.18%), Calcium: 150.89mg (15.09%), Vitamin B6: 0.3mg (14.94%), Zinc: 1.42mg (9.47%), Vitamin B3: 1.82mg (9.1%), Vitamin K: 8.77µg (8.35%), Vitamin E: 1.24mg (8.28%), Selenium: 3.82µg (5.46%), Vitamin B5: 0.54mg (5.37%)