



Mexican Chorizo and Turkey Chili

READY IN



70 min.

SERVINGS



6

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce canned tomatoes diced canned
- ☐ 2 cups chicken stock see
- ☐ 2 tablespoons chipotles in adobo pureed
- ☐ 1 pound mexican chorizo
- ☐ 4 cloves garlic chopped
- ☐ 1 tablespoon ground coriander a palmful
- ☐ 1 tablespoon ground cumin a scant palmful
- ☐ 1 tablespoon honey
- ☐ 6 servings lime wedges for serving

- ☐ 1 tablespoon olive oil
- ☐ 1 onion chopped
- ☐ 2 tablespoons quick-cooking polenta
- ☐ 1 bell pepper green red chopped
- ☐ 6 servings chili-flavored tortilla chips for topping
- ☐ 1 pound turkey breast diced cooked

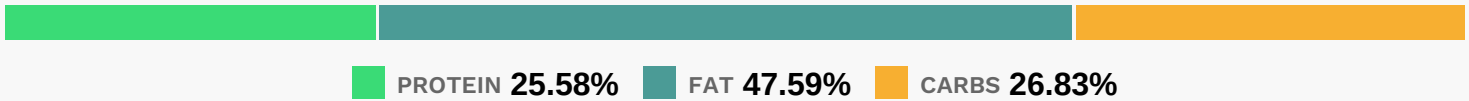
Equipment

- ☐ dutch oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the oil in a Dutch oven over medium-high heat. Brown the chorizo, crumbling the meat as it cooks.
- ☐ Add the garlic, onions and peppers and cook until softened, 5 minutes. Stir in the coriander, cumin and tomatoes, followed by the turkey, stock, chipotles, cornmeal and honey. Simmer over low heat to thicken, 45 minutes. Top with the chips, and serve with a lime wedge alongside. Cook's Note: Cool and store for a make-ahead meal, reheating over medium heat.

Nutrition Facts



Properties

Glycemic Index:47.88, Glycemic Load:4.38, Inflammation Score:-6, Nutrition Score:18.175652089326%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg 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: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg

Nutrients (% of daily need)

Calories: 538.82kcal (26.94%), Fat: 28.66g (44.09%), Saturated Fat: 8.43g (52.69%), Carbohydrates: 36.36g (12.12%), Net Carbohydrates: 31.63g (11.5%), Sugar: 9.19g (10.21%), Cholesterol: 90.47mg (30.16%), Sodium: 460.24mg (20.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.67g (69.34%), Vitamin B3: 10.08mg (50.42%), Vitamin B6: 0.89mg (44.5%), Phosphorus: 315.91mg (31.59%), Selenium: 21.94µg (31.34%), Vitamin C: 25.17mg (30.51%), Iron: 4.57mg (25.38%), Magnesium: 76.05mg (19.01%), Fiber: 4.73g (18.91%), Potassium: 633.53mg (18.1%), Manganese: 0.35mg (17.72%), Vitamin E: 2.41mg (16.05%), Vitamin B2: 0.26mg (15.08%), Copper: 0.29mg (14.58%), Zinc: 1.91mg (12.75%), Vitamin B1: 0.19mg (12.56%), Vitamin K: 12.87µg (12.26%), Vitamin B5: 1.19mg (11.88%), Vitamin A: 528.11IU (10.56%), Calcium: 93.3mg (9.33%), Vitamin B12: 0.48µg (7.94%), Folate: 28.28µg (7.07%)