

Poblanos Stuffed with Chipotle Turkey Chili

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



459 kcal

SIDE DISH

Ingredients

- 2 teaspoons chiles in adobo sauce
- 14 ounces canned tomatoes diced undrained canned
- 0.5 teaspoon chili powder
- 1 tablespoon chipotles in adobo minced
- 3 tablespoons cilantro leaves fresh divided minced
- 3 garlic clove minced
- 0.5 teaspoon ground cumin
- 20 ounces pd of ground turkey lean

- 0.5 cup cream sour reduced-fat
- 2 teaspoons olive oil
- 1 medium onion chopped
- 0.3 teaspoon pepper
- 8 poblano pepper
- 0.5 teaspoon salt
- 4 ounces cheddar cheese shredded
- 8.8 ounces corn whole drained canned

Equipment

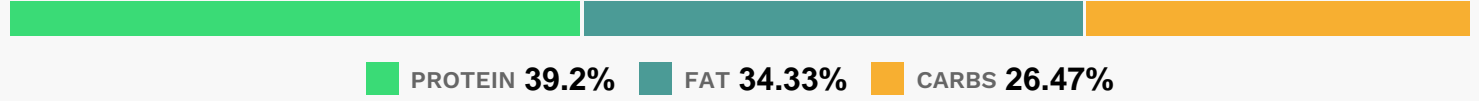
- bowl
- frying pan
- oven
- baking pan
- tongs

Directions

- Broil peppers 4 in. from the heat until skins blister, about 5 minutes. With tongs, rotate peppers a quarter turn. Broil and rotate until all sides are blistered and blackened. Immediately place peppers in a large bowl; cover and let stand for 20 minutes.
- Meanwhile, in a large nonstick skillet over medium heat, cook the turkey, onion and garlic in oil until meat is no longer pink; drain.
- Add the tomatoes, corn, chipotle pepper, adobo sauce, salt, cumin, chili powder and pepper; heat through.
- Remove from the heat; stir in 2 tablespoons cilantro. Set aside.
- Peel off and discard charred skins from poblanos.
- Cut a lengthwise slit down each pepper, leaving the stem intact; remove membranes and seeds. Fill each pepper with 1/2 cup turkey mixture.
- Place peppers in a greased 13-in. x 9-in. baking dish.
- Sprinkle with cheese.

- Bake, uncovered, at 375° for 10–15 minutes or until cheese is melted.
- Sprinkle with remaining cilantro.
- Serve with sour cream.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:1.5, Inflammation Score:-9, Nutrition Score:31.670869599218%

Flavonoids

Luteolin: 11.22mg, Luteolin: 11.22mg, Luteolin: 11.22mg, Luteolin: 11.22mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.04mg, Quercetin: 11.04mg, Quercetin: 11.04mg, Quercetin: 11.04mg

Nutrients (% of daily need)

Calories: 458.99kcal (22.95%), Fat: 17.84g (27.45%), Saturated Fat: 8.06g (50.34%), Carbohydrates: 30.96g (10.32%), Net Carbohydrates: 25.07g (9.12%), Sugar: 9.93g (11.04%), Cholesterol: 114.96mg (38.32%), Sodium: 1254.99mg (54.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.83g (91.67%), Vitamin C: 197.43mg (239.32%), Vitamin B6: 1.84mg (91.95%), Vitamin B3: 15.54mg (77.72%), Phosphorus: 554.08mg (55.41%), Selenium: 37.08µg (52.96%), Vitamin A: 1698.7IU (33.97%), Calcium: 304mg (30.4%), Potassium: 1058.14mg (30.23%), Zinc: 4.08mg (27.2%), Fiber: 5.89g (23.54%), Manganese: 0.44mg (22.17%), Magnesium: 87.17mg (21.79%), Vitamin B2: 0.36mg (21.41%), Vitamin K: 21.42µg (20.4%), Vitamin B12: 1.19µg (19.87%), Iron: 3.27mg (18.15%), Vitamin B1: 0.27mg (18.1%), Folate: 65.79µg (16.45%), Vitamin B5: 1.61mg (16.07%), Copper: 0.3mg (14.78%), Vitamin E: 1.61mg (10.75%), Vitamin D: 0.77µg (5.11%)