



Turkey Chipotle Chili with Pepper Jack Cheese Corn Cake Toppers

READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

1025 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup mexican beer
- ☐ 2 tablespoons butter
- ☐ 1 can kidney beans red drained
- ☐ 28 ounce canned tomatoes chopped canned
- ☐ 2 cups chicken stock see
- ☐ 1 tablespoon chili powder
- ☐ 2 chipotles in adobo hot chopped
- ☐ 8.5 ounce corn muffin mix to directions on box prepared for corn cakes recommended: Jiffy Mix

- ☐ 3 cloves garlic chopped
- ☐ 2 pounds ground turkey breast
- ☐ 1 medium onion chopped
- ☐ 1.5 cups pepper jack cheese shredded
- ☐ 4 servings salt
- ☐ 2 tablespoons vegetable oil extra-virgin

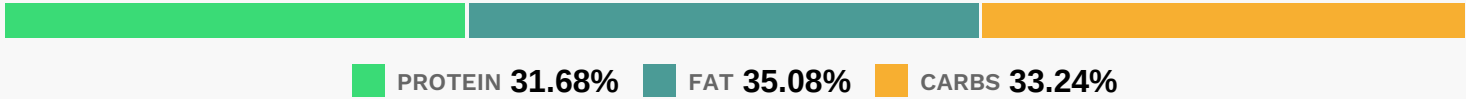
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ ladle
- ☐ pot
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat deep skillet or wide pot over medium high heat.
- ☐ Add oil and turkey. Crumble meat as it cooks, 3 minutes.
- ☐ Add the onions and garlic, chili powder, and chipotle. Cook another 5 minutes. Season with salt.
- ☐ Add beer and cook another minute, stirring to loosen any bits from the bottom of the pan.
- ☐ Add the stock, tomatoes, and beans and bring to a bubble. Reduce heat and simmer 10 minutes.
- ☐ Heat a nonstick griddle pan over medium high heat.
- ☐ Mix batter and cheese together. Rub grill with butter, nesting the butter in a paper towel to hold on to it. Ladle the batter to make 3-inch cheese and corn cakes. Cook 3 minutes on each side, until golden.
- ☐ Transfer them to a plate and cover with foil to keep warm.
- ☐ Serve bowls of chili with cheese-corn toppers -- like a spicy, corn topped chili pot pie.

Nutrition Facts



Properties

Glycemic Index:66.13, Glycemic Load:11.38, Inflammation Score:-9, Nutrition Score:48.456956448762%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 1024.75kcal (51.24%), Fat: 40.02g (61.56%), Saturated Fat: 16.23g (101.46%), Carbohydrates: 85.31g (28.44%), Net Carbohydrates: 69.66g (25.33%), Sugar: 27.02g (30.03%), Cholesterol: 182.31mg (60.77%), Sodium: 1861.23mg (80.92%), Alcohol: 2.3g (100%), Alcohol %: 0.33% (100%), Protein: 81.29g (162.58%), Vitamin B3: 29.54mg (147.68%), Vitamin B6: 2.65mg (132.29%), Phosphorus: 1240.86mg (124.09%), Selenium: 66.01µg (94.29%), Fiber: 15.65g (62.6%), Potassium: 1879.24mg (53.69%), Vitamin B2: 0.89mg (52.6%), Manganese: 1.01mg (50.65%), Vitamin B1: 0.74mg (49.37%), Calcium: 482.4mg (48.24%), Zinc: 7.18mg (47.89%), Iron: 8.48mg (47.12%), Magnesium: 180.11mg (45.03%), Copper: 0.83mg (41.56%), Folate: 152.64µg (38.16%), Vitamin A: 1651.16IU (33.02%), Vitamin E: 4.85mg (32.3%), Vitamin B5: 3.17mg (31.7%), Vitamin C: 22.21mg (26.93%), Vitamin B12: 1.59µg (26.44%), Vitamin K: 26.44µg (25.18%), Vitamin D: 1.16µg (7.74%)