

## Corn Chip Pie

 Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



259 kcal

### Ingredients

- 15 ounce turkey chili hormel® canned (such as )
- 1 ounce corn chips fritos® (such as )
- 0.5 cup onion chopped
- 0.3 cup cheddar cheese shredded
- 2 tablespoons cup heavy whipping cream sour

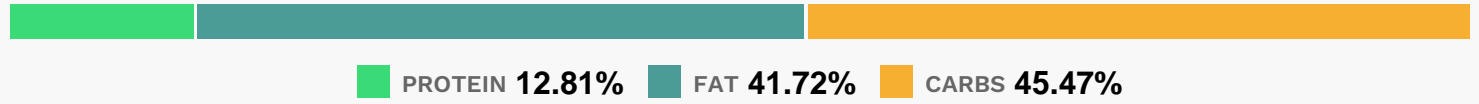
### Equipment

- bowl
- sauce pan

## Directions

- Heat turkey chili in a saucepan over medium-high heat until hot, 6 to 7 minutes.
- Place corn chips in a large bowl and spread the turkey chili on top.
- Sprinkle Cheddar cheese and onion over the chili, and top with a dollop of sour cream.

## Nutrition Facts



## Properties

Glycemic Index:49.5, Glycemic Load:7.91, Inflammation Score:-10, Nutrition Score:21.205217384774%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

## Nutrients (% of daily need)

Calories: 258.84kcal (12.94%), Fat: 12.84g (19.75%), Saturated Fat: 4.64g (29.02%), Carbohydrates: 31.49g (10.5%), Net Carbohydrates: 27.05g (9.84%), Sugar: 13.46g (14.95%), Cholesterol: 21.2mg (7.07%), Sodium: 189.69mg (8.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.87g (17.75%), Vitamin C: 308.61mg (374.07%), Vitamin B6: 1.16mg (58.11%), Vitamin A: 2241.25IU (44.82%), Vitamin K: 31.34µg (29.85%), Manganese: 0.51mg (25.67%), Potassium: 789.33mg (22.55%), Phosphorus: 204.34mg (20.43%), Fiber: 4.44g (17.75%), Vitamin E: 2.65mg (17.68%), Calcium: 170.51mg (17.05%), Magnesium: 68.12mg (17.03%), Vitamin B2: 0.29mg (16.89%), Copper: 0.31mg (15.55%), Folate: 61.32µg (15.33%), Vitamin B3: 2.83mg (14.15%), Iron: 2.48mg (13.75%), Vitamin B1: 0.18mg (12.31%), Selenium: 6.78µg (9.69%), Zinc: 1.36mg (9.08%), Vitamin B5: 0.66mg (6.55%), Vitamin B12: 0.17µg (2.92%)