



## Fiesta Enchilada Bake

READY IN



70 min.

SERVINGS



6

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 20 oz enchilada sauce canned
- 0.5 cup spring onion sliced (8 medium)
- 8.8 oz old el taco dinner kit
- 1.3 lb pd of ground turkey lean
- 3 cups lettuce shredded
- 8 oz cheddar cheese shredded
- 0.5 cup cream sour
- 0.7 cup water

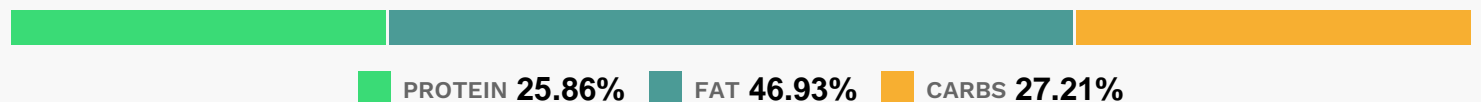
## Equipment

- sauce pan
- oven
- baking pan
- aluminum foil
- glass baking pan

## Directions

- Heat oven to 325F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In 2-quart saucepan, cook ground turkey over medium-high heat 4 to 6 minutes, stirring occasionally, until no longer pink; drain. Stir in seasoning mix from dinner kit and water. Cook as directed on box.
- Pour 1 can of the enchilada sauce into baking dish. Break taco shells from kit in half; layer half of the shells over sauce, overlapping if necessary. Top with turkey, onions and 1 cup of the cheese.
- Layer remaining shells over cheese.
- Pour remaining can of enchilada sauce over shells, coating well.
- Cover dish with foil.
- Bake about 30 minutes or until hot and bubbly.
- Remove foil; sprinkle remaining 1 cup cheese over top.
- Bake uncovered about 15 minutes longer or until cheese is melted. Top individual servings with lettuce, sour cream and taco sauce from kit.

## Nutrition Facts



## Properties

Glycemic Index:22.67, Glycemic Load:12.48, Inflammation Score:-8, Nutrition Score:19.856956689254%

## Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

## Nutrients (% of daily need)

Calories: 558.9kcal (27.94%), Fat: 29.29g (45.06%), Saturated Fat: 17.15g (107.17%), Carbohydrates: 38.22g (12.74%), Net Carbohydrates: 35.55g (12.93%), Sugar: 28.23g (31.37%), Cholesterol: 105.66mg (35.22%), Sodium: 1149.35mg (49.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.82mg (1.94%), Protein: 36.31g (72.62%), Selenium: 34.46µg (49.22%), Vitamin B3: 9.51mg (47.54%), Phosphorus: 468.61mg (46.86%), Vitamin B6: 0.87mg (43.62%), Calcium: 354.68mg (35.47%), Vitamin A: 1449.57IU (28.99%), Vitamin K: 29.28µg (27.89%), Vitamin B2: 0.4mg (23.59%), Zinc: 3.24mg (21.6%), Vitamin B12: 1.16µg (19.26%), Magnesium: 59.36mg (14.84%), Potassium: 501.64mg (14.33%), Vitamin B5: 1.36mg (13.57%), Iron: 2.06mg (11.42%), Fiber: 2.67g (10.68%), Folate: 38.24µg (9.56%), Vitamin B1: 0.14mg (9.43%), Copper: 0.18mg (9.12%), Vitamin C: 4.64mg (5.62%), Manganese: 0.11mg (5.57%), Vitamin E: 0.67mg (4.5%), Vitamin D: 0.6µg (4.03%)