



Fiesta Enchilada Bake

READY IN



70 min.

SERVINGS



6

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

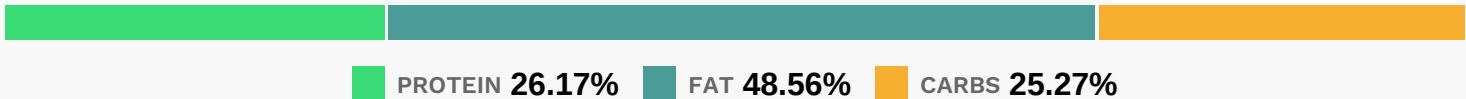
Equipment

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

Directions

- ☐ Heat oven to 325°F. 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:-7, Nutrition Score:19.325217578722%

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: 540kcal (27%), Fat: 29.29g (45.06%), Saturated Fat: 17.15g (107.17%), Carbohydrates: 34.29g (11.43%), Net Carbohydrates: 32.42g (11.79%), Sugar: 25.08g (27.87%), Cholesterol: 105.66mg (35.22%), Sodium: 739.69mg (32.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.82mg (1.94%), Protein: 35.52g (71.04%), 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 K: 29.28µg (27.89%), Vitamin B2: 0.4mg (23.59%), Vitamin A: 1134.42IU (22.69%), 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: 1.77mg (9.84%), Folate: 38.24µg (9.56%), Vitamin B1: 0.14mg (9.43%), Copper: 0.18mg (9.12%), Fiber: 1.87g (7.47%), Manganese: 0.11mg (5.57%), Vitamin E: 0.67mg (4.5%), Vitamin C: 3.69mg (4.48%), Vitamin D: 0.6µg (4.03%)