



Ground Turkey Tortilla Casserole

READY IN



80 min.

SERVINGS



4

CALORIES



752 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 medium flour tortilla (medium)
- 1 lb pd of ground turkey
- 1 onion
- 16 ounce black beans canned
- 1.3 ounce taco seasoning
- 8 ounces cream sour
- 0.8 cup salsa
- 2 cups cheddar cheese shredded ()

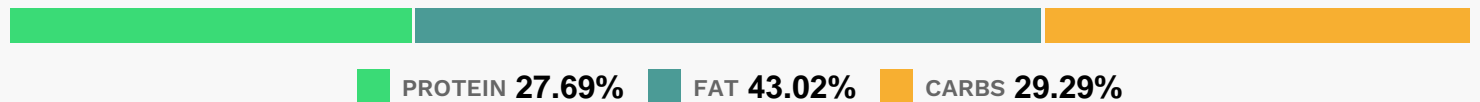
Equipment

- oven
- casserole dish
- aluminum foil

Directions

- Brown turkey and small onion until meat is completely done.
- Add taco seasoning packet and follow directions for cooking on back.
- Spray non-stick casserole dish (9x
- with non-stick cooking spray.
- Cut flour tortillas into bite size pieces and layer 1/2 of tortillas on bottom of casserole dish.
- Add 1/2 of the cheese, sour cream, salsa and black beans.
- Start with the remaining tortillas and repeat layering.
- You may top with extra cheese or salsa if preferred. Other options include: corn, red pepper, green pepper, jalapenos, or any other ingredient.
- ***play with ingredients, if you like more sour cream, simply add more, if you like less, add less. Don't be afraid to test different options.
- Bake at 350 until all cheese is melted and everything is heated thoroughly (usually about 30-40 minutes). You may wish to cover the dish with foil to prevent overbaking the top -- then removing it for the last 5-10 minutes.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:7.96, Inflammation Score:-9, Nutrition Score:34.913478623266%

Flavonoids

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: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg,

Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 752.48kcal (37.62%), Fat: 36.47g (56.1%), Saturated Fat: 18.55g (115.92%), Carbohydrates: 55.85g (18.62%), Net Carbohydrates: 43.44g (15.8%), Sugar: 8.47g (9.42%), Cholesterol: 152.32mg (50.77%), Sodium: 2247.23mg (97.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.81g (105.62%), Phosphorus: 798.02mg (79.8%), Selenium: 55.23µg (78.91%), Vitamin B3: 14.36mg (71.8%), Vitamin B6: 1.24mg (62.09%), Calcium: 585.49mg (58.55%), Fiber: 12.41g (49.64%), Vitamin B2: 0.75mg (44.09%), Vitamin A: 2017.88IU (40.36%), Folate: 142.99µg (35.75%), Zinc: 5.25mg (35.01%), Vitamin B1: 0.51mg (34.19%), Iron: 5.65mg (31.4%), Manganese: 0.6mg (29.79%), Potassium: 1020.34mg (29.15%), Magnesium: 113.46mg (28.37%), Vitamin B12: 1.3µg (21.6%), Copper: 0.4mg (20.08%), Vitamin B5: 1.84mg (18.37%), Vitamin C: 10.52mg (12.75%), Vitamin E: 1.32mg (8.79%), Vitamin K: 7.6µg (7.24%), Vitamin D: 0.79µg (5.28%)