



Idahoan Mexican Casserole



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



264 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 ounce bacon & cheddar chipotle potatoes mashed flavored idahoan®
- ☐ 0.3 teaspoon pepper black
- ☐ 14.5 ounce canned tomatoes diced with chiles canned
- ☐ 2 teaspoons chili powder
- ☐ 1 cup regular corn frozen canned
- ☐ 1 clove garlic minced
- ☐ 4 ounce chilies green chopped canned
- ☐ 0.5 teaspoon ground cumin

- ☐ 1 pound pd of ground turkey (or ground beef)
- ☐ 1 tablespoon olive oil
- ☐ 2.3 ounce olives sliced canned
- ☐ 1 medium onion chopped
- ☐ 1 teaspoon salt

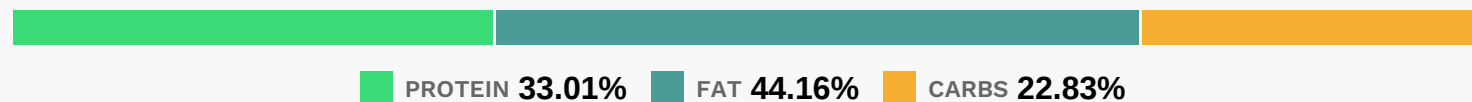
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F. Spray 9x9-inch baking dish with cooking spray.
- ☐ Prepare mashed potatoes following package directions. Set aside.
- ☐ Heat oil in large saute pan over medium high heat.
- ☐ Add onions and cook until translucent, about 10 minutes.
- ☐ Stir in garlic, chili powder, cumin, salt and pepper and cook until aromatic – about 1 minute.
- ☐ Add ground turkey and cook until browned.
- ☐ Stir in tomatoes with juice, green chiles, corn (drained if using canned), and olives.
- ☐ Heat through.
- ☐ Place meat mixture into the prepared baking dish. Top with a layer of mashed potatoes.
- ☐ Bake for 30 minutes.
- ☐ Let stand 10 minutes before serving.
- ☐ Great as it is, but also delicious served with a dollop of sour cream, salsa or hot sauce.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:1.84, Inflammation Score:-6, Nutrition Score:14.733913152114%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 264.29kcal (13.21%), Fat: 13.5g (20.77%), Saturated Fat: 3.51g (21.92%), Carbohydrates: 15.7g (5.23%), Net Carbohydrates: 12.06g (4.39%), Sugar: 4.54g (5.04%), Cholesterol: 54.05mg (18.02%), Sodium: 883.94mg (38.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.7g (45.4%), Vitamin B3: 9.53mg (47.67%), Vitamin B6: 0.9mg (44.83%), Selenium: 21.55µg (30.78%), Phosphorus: 254.14mg (25.41%), Potassium: 592.45mg (16.93%), Vitamin C: 12.08mg (14.64%), Fiber: 3.64g (14.56%), Zinc: 2.01mg (13.41%), Vitamin E: 2mg (13.31%), Magnesium: 51.58mg (12.89%), Vitamin B1: 0.19mg (12.88%), Manganese: 0.24mg (11.8%), Iron: 2.09mg (11.59%), Copper: 0.22mg (11.11%), Vitamin B5: 1.08mg (10.76%), Vitamin B2: 0.17mg (9.87%), Vitamin A: 416.72IU (8.33%), Vitamin B12: 0.48µg (8%), Folate: 29.99µg (7.5%), Vitamin K: 6.12µg (5.83%), Calcium: 42.64mg (4.26%), Vitamin D: 0.38µg (2.52%)