



Impossibly Easy Turkey Taco Pie

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



192 kcal

Ingredients

- ☐ 1 lb pd of ground turkey
- ☐ 0.5 cup onion chopped
- ☐ 1 oz taco seasoning
- ☐ 4 oz chilis green undrained chopped canned
- ☐ 1 cup milk
- ☐ 2 eggs
- ☐ 2 oz colby cheese shredded
- ☐ 0.8 cup tomatoes chopped
- ☐ 1.5 cups lettuce shredded

- ☐ 2 tablespoons spring onion sliced
- ☐ 0.5 cup frangelico

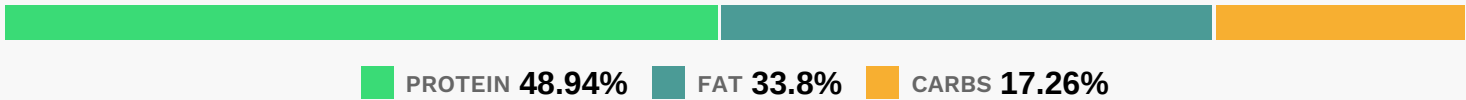
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 400°F. Spray 9-inch glass pie plate with cooking spray.
- ☐ In 10-inch skillet, cook turkey and onion over medium-high heat 5 to 7 minutes, stirring occasionally, until turkey is no longer pink. Stir in taco seasoning mix.
- ☐ Spread in pie plate. Top evenly with chiles.
- ☐ In medium bowl, stir Bisquick mix, milk and eggs with wire whisk or fork until blended.
- ☐ Pour into pie plate.
- ☐ Bake 25 minutes. Top with cheese and tomato.
- ☐ Bake 2 to 3 minutes longer or until cheese is melted.
- ☐ Let stand 5 minutes before serving.
- ☐ Sprinkle with lettuce and green onions.

Nutrition Facts



Properties

Glycemic Index:27.83, Glycemic Load:1.32, Inflammation Score:-7, Nutrition Score:14.174782556036%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.16mg,

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg

Nutrients (% of daily need)

Calories: 191.97kcal (9.6%), Fat: 7.33g (11.28%), Saturated Fat: 3.51g (21.95%), Carbohydrates: 8.43g (2.81%), Net Carbohydrates: 6.5g (2.36%), Sugar: 4.4g (4.89%), Cholesterol: 110mg (36.67%), Sodium: 591.74mg (25.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.89g (47.79%), Vitamin B3: 7.68mg (38.39%), Vitamin B6: 0.77mg (38.37%), Selenium: 23.51µg (33.58%), Phosphorus: 299.66mg (29.97%), Vitamin A: 990.68IU (19.81%), Vitamin C: 13.01mg (15.77%), Vitamin B2: 0.26mg (15.11%), Calcium: 141.65mg (14.16%), Zinc: 2.08mg (13.88%), Vitamin B12: 0.81µg (13.57%), Potassium: 432.12mg (12.35%), Vitamin B5: 1.13mg (11.28%), Vitamin K: 10.42µg (9.93%), Iron: 1.66mg (9.24%), Magnesium: 36.82mg (9.2%), Folate: 36.68µg (9.17%), Fiber: 1.93g (7.71%), Vitamin D: 1.1µg (7.33%), Vitamin B1: 0.1mg (6.69%), Copper: 0.08mg (4.06%), Manganese: 0.08mg (3.78%), Vitamin E: 0.4mg (2.67%)