



King of the Hill Frito® Pie

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



874 kcal

Ingredients

- ☐ 16 ounce tomato sauce canned
- ☐ 10 ounce canned tomatoes diced with green chiles canned
- ☐ 1.3 ounce mild chili seasoning mix
- ☐ 16 ounce corn chips fritos® (such as)
- ☐ 1 pound pd of ground turkey lean
- ☐ 0.5 cup cheddar cheese shredded to taste
- ☐ 6 fluid ounce sacramento tomato juice to taste canned

Equipment

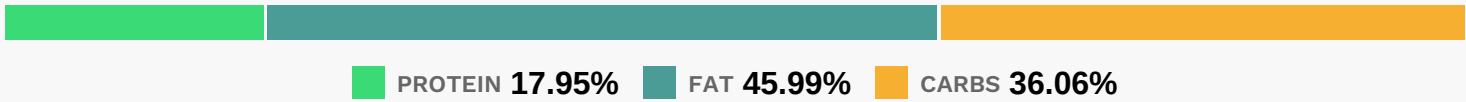
- ☐ bowl

☐ frying pan

Directions

- ☐ Heat a large skillet over medium-high heat. Cook and stir turkey in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease.
- ☐ Stir tomato sauce, diced tomatoes, tomato juice, and chili seasoning mix into turkey; simmer until chili is hot, about 5 minutes more.
- ☐ Pour corn chips into a large bowl and top with turkey chili.
- ☐ Sprinkle Cheddar cheese over chili.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:3.2, Inflammation Score:-10, Nutrition Score:39.280869473582%

Nutrients (% of daily need)

Calories: 874.29kcal (43.71%), Fat: 46.59g (71.67%), Saturated Fat: 8.44g (52.76%), Carbohydrates: 82.19g (27.4%), Net Carbohydrates: 71.31g (25.93%), Sugar: 8.94g (9.94%), Cholesterol: 76.49mg (25.5%), Sodium: 1342.24mg (58.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.91g (81.82%), Vitamin A: 5202.7IU (104.05%), Vitamin E: 13.63mg (90.88%), Vitamin B6: 1.62mg (80.85%), Vitamin B3: 15.03mg (75.16%), Phosphorus: 628.19mg (62.82%), Selenium: 39.25µg (56.07%), Manganese: 0.9mg (44.92%), Fiber: 10.88g (43.52%), Magnesium: 167.79mg (41.95%), Potassium: 1310.68mg (37.45%), Iron: 6.48mg (36.01%), Calcium: 332.97mg (33.3%), Zinc: 4.83mg (32.19%), Vitamin B2: 0.51mg (30.27%), Copper: 0.51mg (25.43%), Vitamin B5: 2.48mg (24.76%), Vitamin C: 18.69mg (22.65%), Vitamin K: 22.18µg (21.12%), Vitamin B1: 0.25mg (16.62%), Vitamin B12: 0.73µg (12.13%), Folate: 47.09µg (11.77%), Vitamin D: 0.54µg (3.59%)