



Mexican Enchilada Casserole

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



765 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 cups tomato sauce canned
- 0.3 cup chili powder gebhardt® (such as)
- 16 5-inch corn tortillas cut in half ()
- 1.5 pounds pd of ground turkey
- 10 ounce iceberg lettuce shredded
- 3 cups monterrey jack cheese shredded
- 1.5 cups onion chopped
- 3 cups sharp cheddar cheese shredded

- 2 ounce taco seasoning divided
- 2 cups tomatoes fresh chopped
- 0.7 cup water

Equipment

- bowl
- frying pan
- sauce pan
- oven
- baking pan
- casserole dish

Directions

- Preheat oven to 425 degrees F (220 degrees C). Spray a 3-quart casserole dish with cooking spray.
- Combine tomato sauce with chili powder and 1/2 cup water or as desired in a small saucepan over medium heat; bring to a simmer and stir to make a pourable sauce.
- Remove from heat and set enchilada sauce aside.
- Cook and stir ground turkey, onion, and 1 envelope of taco seasoning mix in a large skillet over medium heat, chopping turkey as you cook, until meat is crumbly and no longer pink, about 10 minutes. Stir in 2/3 cup water and remaining envelope of taco seasoning mix and cook, stirring often, until moisture has evaporated from turkey mixture.
- Mix 1 cup of enchilada sauce into turkey mixture and remove skillet from heat.
- To layer the casserole, spread 8 tortilla halves into the bottom of the prepared baking dish, overlapping as necessary to fit. Toss sharp Cheddar cheese and Monterey Jack cheese together in a bowl and spread 1/4 of the cheese mixture over the tortillas in an even layer. Top with 1/3 the turkey mixture, 1/3 the lettuce, 1/3 the chopped tomatoes, and about 1/3 cup of the remaining sauce. Repeat layers twice more.
- Place 8 tortilla halves on top of the casserole and spread with remaining 1 1/4 cup shredded cheese mixture.
- Bake in the preheated oven until cheese on top of casserole is melted and browned, 20 to 30 minutes.

Nutrition Facts

PROTEIN 30.29% FAT 47.74% CARBS 21.97%

Properties

Glycemic Index:41.08, Glycemic Load:11.64, Inflammation Score:-10, Nutrition Score:43.913478809854%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 9.08mg, Quercetin: 9.08mg, Quercetin: 9.08mg, Quercetin: 9.08mg

Nutrients (% of daily need)

Calories: 765.28kcal (38.26%), Fat: 42.06g (64.71%), Saturated Fat: 22.78g (142.37%), Carbohydrates: 43.56g (14.52%), Net Carbohydrates: 31.68g (11.52%), Sugar: 9.69g (10.76%), Cholesterol: 169.15mg (56.38%), Sodium: 2064.56mg (89.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.05g (120.1%), Vitamin A: 6730.39IU (134.61%), Phosphorus: 994.14mg (99.41%), Calcium: 935.4mg (93.54%), Vitamin B6: 1.59mg (79.73%), Selenium: 55.22µg (78.89%), Vitamin B3: 14.28mg (71.41%), Zinc: 7.27mg (48.44%), Vitamin B2: 0.81mg (47.8%), Fiber: 11.88g (47.54%), Vitamin E: 7.03mg (46.86%), Magnesium: 136.88mg (34.22%), Potassium: 1186.58mg (33.9%), Iron: 5.82mg (32.35%), Vitamin K: 33.85µg (32.24%), Manganese: 0.62mg (30.92%), Vitamin B12: 1.65µg (27.44%), Vitamin C: 19.72mg (23.9%), Copper: 0.43mg (21.65%), Vitamin B5: 1.84mg (18.4%), Folate: 71.25µg (17.81%), Vitamin B1: 0.24mg (16.02%), Vitamin D: 1.13µg (7.54%)