



WHATSheATE



Mexican Lasagna Lite



Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 ounce chiles green drained chopped canned



12 corn tortillas divided



20 ounce enchilada sauce divided canned



1 pound 9%-lean ground turkey



8 ounce mexican cheese blend shredded low-fat divided



8 ounce carton nonfat cream sour divided



16 ounce nonfat spicy refried beans divided canned



1 envelope taco seasoning

☐ 0.8 cup water

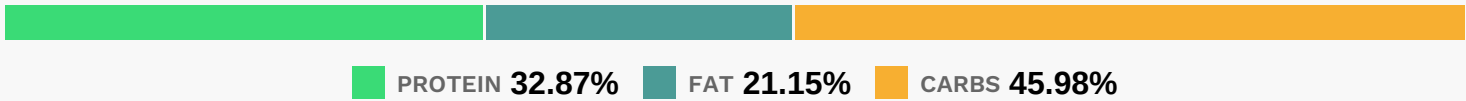
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C).
- ☐ Brown ground turkey in a skillet over medium heat, breaking it up into crumbles as it cooks, about 10 minutes. Stir in taco seasoning mix and water, bring the mixture to a boil, and reduce heat to low. Simmer turkey mixture until thickened, about 5 minutes. Stir in chopped green chilies and remove from heat.
- ☐ Spread a scant 2/3 cup enchilada sauce evenly over the bottom of an 8x10-inch baking dish; top sauce with 4 tortillas, overlapping if necessary.
- ☐ Spread tortillas with half the sour cream, half the refried beans, half the turkey mixture, and 1/3 the cheese blend. Top with another 2/3 cup enchilada sauce and 4 more tortillas. Firmly press down on tortillas to compact the layers beneath.
- ☐ Repeat layers, spreading remaining sour cream, refried beans, turkey mixture, 1/3 the cheese blend and 2/3 cup enchilada sauce onto tortillas. Top with remaining 4 tortillas; press down as before. Finish layering casserole with remaining 2/3 cup enchilada sauce and remaining 1/3 the cheese blend.
- ☐ Bake casserole uncovered in the preheated oven until the cheese topping is melted and bubbling and casserole is hot, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:14.92, Glycemic Load:12.01, Inflammation Score:-8, Nutrition Score:20.684782735679%

Nutrients (% of daily need)

Calories: 435.98kcal (21.8%), Fat: 10.34g (15.91%), Saturated Fat: 4.99g (31.21%), Carbohydrates: 50.59g (16.86%), Net Carbohydrates: 41.11g (14.95%), Sugar: 10.1g (11.23%), Cholesterol: 68.42mg (22.81%), Sodium: 2209.71mg (96.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.16g (72.32%), Phosphorus: 593.25mg (59.32%), Calcium: 558.97mg (55.9%), Vitamin B3: 8.29mg (41.43%), Vitamin B6: 0.82mg (41.19%), Selenium: 27.8µg (39.71%), Fiber: 9.48g (37.9%), Vitamin A: 1601.92IU (32.04%), Zinc: 3.85mg (25.64%), Magnesium: 77.43mg (19.36%), Vitamin B12: 1.13µg (18.77%), Iron: 3.16mg (17.57%), Vitamin B2: 0.29mg (17%), Vitamin C: 10.98mg (13.31%), Potassium: 425.01mg (12.14%), Manganese: 0.17mg (8.7%), Vitamin B1: 0.12mg (8.27%), Folate: 30.57µg (7.64%), Vitamin B5: 0.74mg (7.38%), Copper: 0.14mg (7.13%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.26mg (1.75%)