



## Roasted Turkey Enchilada Bake

READY IN



55 min.

SERVINGS



8

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15 oz black beans rinsed canned
- 1.5 cups four cheese shredded with a touch of philadelphia mexican style kraft
- 1.5 Tbsp chili powder
- 0.8 cup knudsen cream sour
- 4 8-inch flour tortillas ()
- 1 cup regular corn frozen
- 16 oz taco bellâ® & chunky salsa thick
- 2 cups roasted turkey leftover chopped

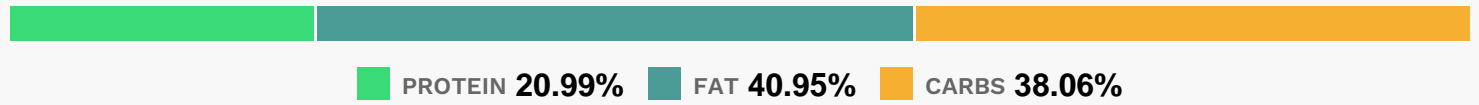
## Equipment

- oven
- baking pan

## Directions

- Heat oven to 400F.
- Combine first 5 ingredients.
- Place 2 tortillas, in single layer, on bottom of 13x9-inch baking dish sprayed with cooking spray; top with layers of half each of the turkey mixture, sour cream and cheese. Repeat layers; cover.
- Bake 40 min. or until casserole is heated through and cheese is melted, uncovering after 30 min.

## Nutrition Facts



## Properties

Glycemic Index:7.63, Glycemic Load:4.12, Inflammation Score:-7, Nutrition Score:15.64913056726%

## Nutrients (% of daily need)

Calories: 331.46kcal (16.57%), Fat: 15.46g (23.79%), Saturated Fat: 7.47g (46.67%), Carbohydrates: 32.33g (10.78%), Net Carbohydrates: 25.65g (9.33%), Sugar: 4.03g (4.48%), Cholesterol: 51.8mg (17.27%), Sodium: 962.46mg (41.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.83g (35.66%), Phosphorus: 309.43mg (30.94%), Selenium: 19.45µg (27.78%), Fiber: 6.68g (26.72%), Calcium: 251.79mg (25.18%), Vitamin B3: 4.54mg (22.7%), Vitamin A: 1080.41IU (21.61%), Vitamin B2: 0.36mg (21.28%), Vitamin B6: 0.38mg (19.24%), Manganese: 0.38mg (18.97%), Folate: 74.82µg (18.7%), Vitamin B1: 0.27mg (17.99%), Iron: 2.84mg (15.76%), Potassium: 530.7mg (15.16%), Magnesium: 55.64mg (13.91%), Zinc: 2.04mg (13.57%), Copper: 0.22mg (11.05%), Vitamin E: 1.53mg (10.18%), Vitamin B12: 0.57µg (9.55%), Vitamin B5: 0.69mg (6.89%), Vitamin K: 6.63µg (6.32%), Vitamin C: 4.2mg (5.09%), Vitamin D: 0.2µg (1.34%)