



Salsa-Turkey Cornbread Casserole

READY IN



40 min.

SERVINGS



8

CALORIES



448 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 1.3 lb pd of ground turkey
- ☐ 1 cup salsa thick
- ☐ 2 tablespoons flour all-purpose
- ☐ 29.5 oz corn sweet cream style undrained canned
- ☐ 30 oz black beans rinsed drained canned
- ☐ 1 tablespoon chili powder
- ☐ 2 teaspoons ground cumin
- ☐ 0.5 teaspoon salt

- ☐ 0.1 teaspoon pepper
- ☐ 6.5 oz just-add-water cornbread mix
- ☐ 0.3 cup milk
- ☐ 2 tablespoons butter melted
- ☐ 1 eggs

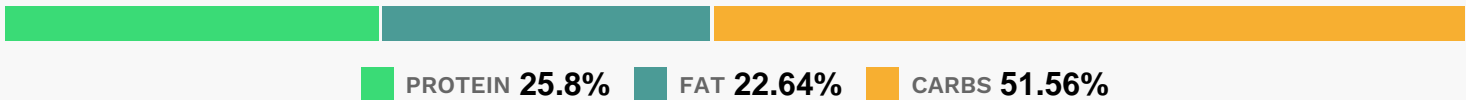
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ dutch oven
- ☐ glass baking pan

Directions

- ☐ Heat oven to 450°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In 4-quart Dutch oven, heat oil over medium-high heat. Cook turkey in oil 4 to 6 minutes, stirring frequently, until no longer pink. Stir in salsa and flour. Cook 2 to 3 minutes, stirring constantly, until slightly thickened.
- ☐ Stir in remaining casserole ingredients.
- ☐ Heat to boiling.
- ☐ Spread turkey mixture in baking dish.
- ☐ In medium bowl, stir all topping ingredients just until moistened (batter will be lumpy).
- ☐ Pour topping over turkey mixture; gently spread to sides of baking dish.
- ☐ Bake 12 to 15 minutes or until topping is golden brown.

Nutrition Facts



Properties

Glycemic Index:31.94, Glycemic Load:12.01, Inflammation Score:-8, Nutrition Score:23.596087186233%

Nutrients (% of daily need)

Calories: 447.87kcal (22.39%), Fat: 11.79g (18.14%), Saturated Fat: 3.8g (23.78%), Carbohydrates: 60.42g (20.14%), Net Carbohydrates: 48.04g (17.47%), Sugar: 11.27g (12.52%), Cholesterol: 68.65mg (22.88%), Sodium: 1043.62mg (45.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.24g (60.47%), Vitamin B3: 10.7mg (53.49%), Phosphorus: 508.8mg (50.88%), Fiber: 12.39g (49.54%), Vitamin B6: 0.94mg (46.88%), Folate: 123.74µg (30.94%), Selenium: 21.62µg (30.89%), Manganese: 0.59mg (29.43%), Vitamin B1: 0.43mg (28.55%), Potassium: 928.86mg (26.54%), Magnesium: 101.09mg (25.27%), Iron: 4.44mg (24.68%), Vitamin B2: 0.4mg (23.26%), Vitamin B5: 1.97mg (19.67%), Zinc: 2.86mg (19.08%), Vitamin A: 916.05IU (18.32%), Copper: 0.36mg (17.94%), Vitamin C: 9.31mg (11.28%), Calcium: 89.59mg (8.96%), Vitamin E: 1.26mg (8.4%), Vitamin B12: 0.49µg (8.2%), Vitamin K: 7.49µg (7.14%), Vitamin D: 0.51µg (3.37%)