



Smoked Turkey and Bean Nachos

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



666 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons chives chopped
- 0.5 cups black beans cooked (or 115-ounce can)
- 1 cup salsa jarred
- 1 cup cheddar cheese shredded
- 4 servings cream sour
- 1 bag tortilla chips
- 12 ounces turkey wings smoked
- 1 cup water

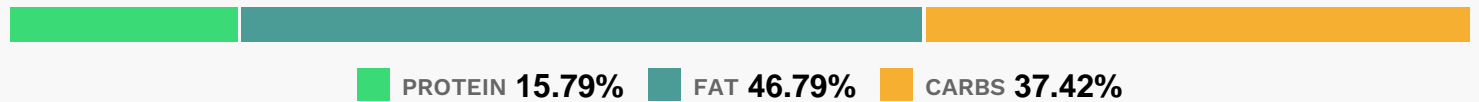
Equipment

- bowl
- oven
- pot
- broiler

Directions

- Combine the salsa, water, turkey wing and beans in a wide, shallow saucepot over medium heat. Bring to a simmer. Cover and simmer for 1 hour.
- Remove the turkey wing and let it cool slightly. Pull the meat from the skin and bone and chop or shred it. Return the meat to the salsa mixture and discard the skin and bones.
- Transfer the mixture to an ovenproof bowl and top with cheese. Set the bowl under the broiler (or in a preheated 400° F oven) to melt the cheese on top.
- Serve the smoked turkey and bean mixture with the tortilla chips for scooping and sour cream and chives on the side.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:1.17, Inflammation Score:-7, Nutrition Score:18.747826021651%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 665.94kcal (33.3%), Fat: 35.3g (54.3%), Saturated Fat: 10.74g (67.1%), Carbohydrates: 63.5g (21.17%), Net Carbohydrates: 56.23g (20.45%), Sugar: 3.61g (4.01%), Cholesterol: 75.22mg (25.07%), Sodium: 904.45mg (39.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.81g (53.61%), Phosphorus: 459.23mg (45.92%), Selenium: 25.48µg (36.4%), Calcium: 329.4mg (32.94%), Fiber: 7.28g (29.11%), Magnesium: 112.13mg (28.03%), Vitamin B6: 0.53mg (26.43%), Vitamin E: 3.8mg (25.32%), Zinc: 3.41mg (22.75%), Vitamin K: 23.03µg (21.94%),

Vitamin B3: 4.05mg (20.23%), Vitamin B2: 0.3mg (17.47%), Potassium: 563.48mg (16.1%), Vitamin B5: 1.58mg (15.82%), Iron: 2.7mg (15.01%), Vitamin B1: 0.22mg (14.95%), Vitamin A: 745.01IU (14.9%), Folate: 56.18µg (14.05%), Copper: 0.23mg (11.49%), Manganese: 0.19mg (9.42%), Vitamin B12: 0.55µg (9.11%), Vitamin C: 2.21mg (2.68%), Vitamin D: 0.17µg (1.13%)