



## Smothered Mexican Lasagna

READY IN



45 min.

SERVINGS



6

CALORIES



673 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 14.5 ounce canned tomatoes diced undrained canned
- 2 eggs
- 8 10-inch flour tortilla ()
- 4 ounce chilis diced green undrained canned
- 1 bunch spring onion chopped
- 1.5 pounds pd of ground turkey
- 15 ounce ricotta cheese
- 0.3 cup salsa
- 8 ounce cream sour

- 1.3 ounce taco seasoning
- 2 cups water

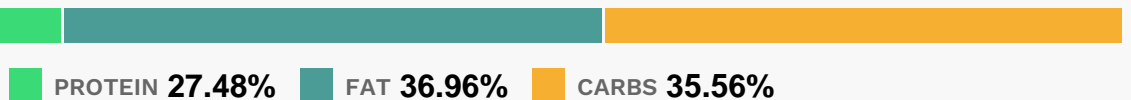
## Equipment

- bowl
- frying pan
- oven

## Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Place ground turkey in a large, deep skillet. Cook over medium high heat until evenly brown. Stir in green onions, taco seasoning mix, water, diced tomatoes with juice, and green chiles with juice. Reduce heat to medium.
- In a medium bowl, mix together ricotta and eggs.
- Place 2 tortillas in the bottom of a 9x13 inch pan.
- Spread 1/4 of the ricotta mixture on tortillas. Spoon 1/4 of the meat mixture over the cheese. Repeat layers until all is used up.
- Bake in preheated oven for 20 minutes, or until sauce is bubbly. In a small bowl, mix together sour cream and salsa.
- Serve in a bowl on the side.

## Nutrition Facts



## Properties

Glycemic Index:21.83, Glycemic Load:16.61, Inflammation Score:-9, Nutrition Score:32.77956523066%

## Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

## Nutrients (% of daily need)

Calories: 673.16kcal (33.66%), Fat: 27.87g (42.87%), Saturated Fat: 13.47g (84.19%), Carbohydrates: 60.33g (20.11%), Net Carbohydrates: 54.03g (19.65%), Sugar: 9.63g (10.7%), Cholesterol: 175.38mg (58.46%), Sodium: 1554.47mg (67.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.62g (93.24%), Selenium: 62.64µg (89.49%), Vitamin B3: 16.35mg (81.76%), Phosphorus: 648.38mg (64.84%), Vitamin B6: 1.24mg (62.24%), Vitamin B1: 0.62mg (41.45%), Vitamin B2: 0.7mg (41.12%), Calcium: 371.14mg (37.11%), Iron: 6.46mg (35.88%), Folate: 136.58µg (34.14%), Manganese: 0.62mg (31.22%), Vitamin A: 1475.48IU (29.51%), Zinc: 3.87mg (25.82%), Fiber: 6.3g (25.2%), Potassium: 854.18mg (24.41%), Magnesium: 84.43mg (21.11%), Vitamin C: 16.72mg (20.27%), Vitamin K: 20.48µg (19.5%), Vitamin B5: 1.88mg (18.85%), Copper: 0.34mg (17.17%), Vitamin B12: 1.03µg (17.15%), Vitamin E: 1.47mg (9.77%), Vitamin D: 0.89µg (5.92%)