



Stacked Enchiladas with Turkey and Chipotle Beans

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



685 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings avocado diced
- 1 tablespoon chipotles in adobo canned chopped
- 16 6-inch corn tortillas
- 4 ounces queso fresco divided crumbled
- 1 cup spring onion divided chopped (4 large)
- 20 ounce hot sauce canned
- 16 ounce refried beans divided canned

- 4 servings tomatoes diced
- 10 ounces turkey meat diced divided cooked

Equipment

- frying pan
- oven
- tongs

Directions

- Position rack in center of oven and preheat to 200°F. Bring enchilada sauce to simmer in medium skillet over medium heat. Reduce heat to very low.
- Combine refried beans and chipotles in another medium skillet. Stir bean mixture over medium heat until heated through, about 5 minutes.
- Remove from heat.
- Dip 1 tortilla into enchilada sauce just until softened, about 10 seconds. Using tongs, transfer tortilla to ovenproof plate.
- Spread 1/3 cup bean mixture over. Top with 1 tablespoon green onions. Dip second tortilla into sauce; place atop bean mixture. Top with 1/2 cup turkey meat, then 1 tablespoon green onions. Dip third tortilla into sauce.
- Place atop turkey; sprinkle with 1/3 cup Jack cheese, then 1 tablespoon green onions. Dip fourth tortilla into sauce; place atop Jack cheese.
- Sprinkle with 2 tablespoons queso fresco. Repeat procedure with remaining tortillas, bean mixture, green onions, turkey, Jack cheese, and queso fresco.
- Transfer to oven and cook until heated through, about 5 minutes.
- Drizzle remaining enchilada sauce over tortilla stacks.
- Sprinkle each with diced tomatoes, avocado, and remaining green onions and serve warm.
- *Chipotle chiles are simply dried, smoked jalapeños, they're sold canned in a spicy tomato sauce, sometimes called adobo. Find them at some supermarkets, specialty foods stores, and Latin markets.

Nutrition Facts



■ PROTEIN 20.71% ■ FAT 34.02% ■ CARBS 45.27%

Properties

Glycemic Index:49.88, Glycemic Load:26, Inflammation Score:-10, Nutrition Score:42.290434837341%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 685.33kcal (34.27%), Fat: 26.71g (41.09%), Saturated Fat: 6.72g (41.97%), Carbohydrates: 79.98g (26.66%), Net Carbohydrates: 58.36g (21.22%), Sugar: 12.47g (13.86%), Cholesterol: 67.05mg (22.35%), Sodium: 4761.8mg (207.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.6g (73.2%), Vitamin C: 145.39mg (176.23%), Fiber: 21.63g (86.5%), Vitamin K: 90.66µg (86.34%), Phosphorus: 690.41mg (69.04%), Vitamin B6: 1.35mg (67.51%), Vitamin B3: 10.61mg (53.04%), Vitamin A: 2470.43IU (49.41%), Potassium: 1581.28mg (45.18%), Selenium: 28.38µg (40.55%), Magnesium: 161.71mg (40.43%), Manganese: 0.81mg (40.41%), Folate: 144.65µg (36.16%), Calcium: 349.26mg (34.93%), Vitamin B2: 0.55mg (32.54%), Zinc: 4.6mg (30.65%), Copper: 0.58mg (29.11%), Iron: 5.14mg (28.57%), Vitamin E: 3.81mg (25.4%), Vitamin B5: 2.54mg (25.37%), Vitamin B1: 0.34mg (22.9%), Vitamin B12: 1.36µg (22.59%), Vitamin D: 0.91µg (6.05%)