

Turkey Chilaquiles

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



666 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups cotija cheese grated crumbled
- ☐ 6 servings crema mexicana sour
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 4 ounce chilis diced green canned
- ☐ 1.5 cups onion red divided chopped
- ☐ 3 cups salsa with chipotles and garlic (from two 16-ounce jars)
- ☐ 4 cups tortilla chips unsalted
- ☐ 2 cups turkey diced cooked

☐ 2 tablespoons vegetable oil

Equipment

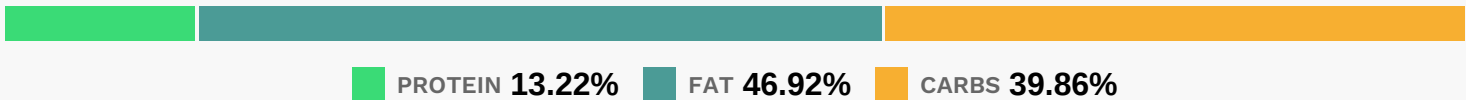
☐ frying pan

☐ oven

Directions

- ☐ Preheat oven to 450°F.
- ☐ Heat 2 tablespoons oil in heavy large ovenproof skillet.
- ☐ Add 1 1/4 cups onion; sauté until onion begins to soften, about 5 minutes.
- ☐ Add turkey and chiles; sauté 3 minutes. Stir in salsa; simmer until heated through, about 3 minutes. Season with salt and pepper. Stir in chips.
- ☐ Sprinkle with cheese.
- ☐ Place skillet in oven; bake just until cheese melts, about 5 minutes.
- ☐ Sprinkle with remaining 1/4 cup onion and cilantro; drizzle with crema and serve.

Nutrition Facts



Properties

Glycemic Index:14.33, Glycemic Load:1.35, Inflammation Score:-8, Nutrition Score:22.803913074991%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.47mg, Quercetin: 8.47mg, Quercetin: 8.47mg, Quercetin: 8.47mg

Nutrients (% of daily need)

Calories: 665.68kcal (33.28%), Fat: 35.71g (54.94%), Saturated Fat: 10.03g (62.68%), Carbohydrates: 68.25g (22.75%), Net Carbohydrates: 60.75g (22.09%), Sugar: 7.74g (8.6%), Cholesterol: 76.31mg (25.44%), Sodium: 1850.26mg (80.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.65g (45.29%), Phosphorus: 457.23mg (45.72%), Vitamin B6: 0.85mg (42.41%), Calcium: 408.26mg (40.83%), Vitamin B2: 0.6mg (35.07%), Vitamin E: 4.81mg (32.05%), Vitamin K: 32.95µg (31.38%), Fiber: 7.5g (30%), Selenium: 19.36µg (27.66%), Magnesium:

106.61mg (26.65%), Vitamin B3: 5.29mg (26.47%), Zinc: 3.44mg (22.91%), Vitamin B12: 1.25µg (20.82%), Vitamin B5: 1.99mg (19.92%), Vitamin A: 992.95IU (19.86%), Potassium: 663.38mg (18.95%), Vitamin B1: 0.27mg (17.76%), Iron: 2.67mg (14.83%), Vitamin C: 12.07mg (14.63%), Folate: 50.94µg (12.73%), Manganese: 0.22mg (10.97%), Copper: 0.22mg (10.87%), Vitamin D: 0.3µg (2%)