



## Turkey Chilaquiles

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



739 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10 ounce canned tomatoes diced green canned (recommended: Ro'tel)
- 0.3 cup cilantro leaves chopped
- 4 ounce chilis diced green canned (recommended: Ortega)
- 1.5 cups onion red chopped
- 16 ounce salsa (recommended: Pace)
- 6 servings pepper black freshly ground
- 1.5 cups cheddar cheese shredded
- 0.3 cup cream sour

- 5 cups tortilla chips crushed
- 3 cups turkey shredded leftover cooked
- 2 tablespoons vegetable oil

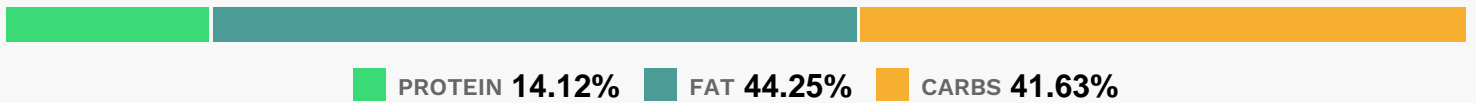
## Equipment

- frying pan
- oven

## Directions

- Watch how to make this recipe.
- Preheat oven to 400 degrees F.
- Heat vegetable oil in a large oven-safe skillet, over medium-high heat.
- Add onions and saute until soft.
- Add green chiles, diced tomatoes, leftover turkey and salsa. Adjust seasoning with salt and pepper, to taste. Top with tortilla chips and then cheese.
- Place skillet in oven and bake for about 20 minutes.
- Remove from oven.
- Garnish with cilantro and serve immediately with side of sour cream.

## Nutrition Facts



## Properties

Glycemic Index:21.5, Glycemic Load:1.81, Inflammation Score:-8, Nutrition Score:23.112174060034%

## 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: 739.12kcal (36.96%), Fat: 37.39g (57.52%), Saturated Fat: 9.9g (61.85%), Carbohydrates: 79.14g (26.38%), Net Carbohydrates: 70.66g (25.7%), Sugar: 8.11g (9.01%), Cholesterol: 68.04mg (22.68%), Sodium: 1178.18mg (51.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.84g (53.67%), Phosphorus: 489.97mg (49%), Vitamin B6: 0.77mg (38.31%), Vitamin E: 5.44mg (36.29%), Calcium: 355.38mg (35.54%), Vitamin K: 37.28µg (35.5%), Fiber: 8.48g (33.92%), Magnesium: 126.77mg (31.69%), Vitamin B3: 6.23mg (31.17%), Selenium: 20.59µg (29.41%), Zinc: 3.45mg (23%), Potassium: 739.57mg (21.13%), Vitamin B5: 1.99mg (19.95%), Vitamin B2: 0.33mg (19.45%), Vitamin C: 15.47mg (18.76%), Iron: 3.35mg (18.59%), Vitamin B1: 0.25mg (16.61%), Vitamin A: 809.54IU (16.19%), Vitamin B12: 0.97µg (16.18%), Copper: 0.29mg (14.7%), Manganese: 0.25mg (12.61%), Folate: 46.6µg (11.65%), Vitamin D: 0.29µg (1.93%)