



## Turkey Chilaquiles Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



721 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 16 oz salsa verde
- 4 oz chilis green drained chopped canned
- 3 medium poblano pepper seeded chopped
- 2 jalapeno seeded chopped
- 2 cloves garlic finely chopped
- 0.5 teaspoon salt
- 6 cups tortilla chips restaurant-style crushed
- 4 cups turkey shredded cooked

16 oz cheddar cheese shredded

## Equipment

sauce pan

oven

blender

baking pan

glass baking pan

## Directions

Heat oven to 375°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.

In 2-quart saucepan, heat salsa, chiles, garlic and salt over medium-high heat to boiling. Reduce heat; simmer uncovered 5 minutes, stirring occasionally.

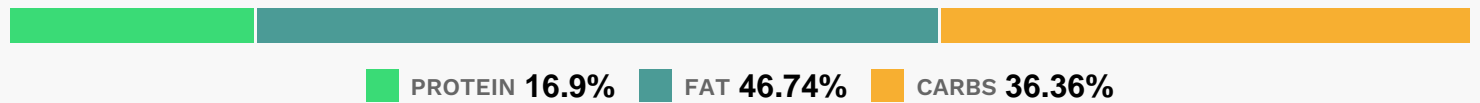
Remove from heat. Cool slightly.

In blender, place salsa mixture. Cover; blend on high speed about 30 seconds or until smooth.

Place half of tortilla chips in baking dish; layer with 2 cups of the turkey, half of the salsa mixture and 2 cups of the cheese. Repeat layers with remaining tortilla chips, turkey, salsa mixture and cheese.

Bake uncovered 20 to 25 minutes or until cheese is melted and golden brown.

## Nutrition Facts



## Properties

Glycemic Index:9, Glycemic Load:0.24, Inflammation Score:-8, Nutrition Score:22.351304385973%

## Flavonoids

Luteolin: 2.15mg, Luteolin: 2.15mg, Luteolin: 2.15mg, Luteolin: 2.15mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

## Nutrients (% of daily need)

Calories: 720.84kcal (36.04%), Fat: 37.83g (58.2%), Saturated Fat: 12.82g (80.14%), Carbohydrates: 66.21g (22.07%), Net Carbohydrates: 60.44g (21.98%), Sugar: 6.17g (6.85%), Cholesterol: 89.65mg (29.88%), Sodium: 1293.58mg (56.24%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 30.77g (61.54%), Vitamin C: 47.27mg (57.29%), Phosphorus: 545.9mg (54.59%), Calcium: 481.97mg (48.2%), Selenium: 23.05µg (32.93%), Vitamin B6: 0.63mg (31.38%), Magnesium: 104.8mg (26.2%), Zinc: 3.87mg (25.78%), Vitamin B3: 4.93mg (24.67%), Vitamin E: 3.52mg (23.48%), Fiber: 5.77g (23.08%), Vitamin K: 23.41µg (22.29%), Vitamin B12: 1.3µg (21.73%), Vitamin B2: 0.35mg (20.74%), Vitamin A: 979.21IU (19.58%), Vitamin B5: 1.64mg (16.38%), Potassium: 537.42mg (15.35%), Iron: 2.44mg (13.53%), Vitamin B1: 0.19mg (12.49%), Folate: 34.28µg (8.57%), Copper: 0.17mg (8.48%), Manganese: 0.09mg (4.46%), Vitamin D: 0.43µg (2.88%)