



Turkey Chilaquiles Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



725 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

4 cups turkey shredded cooked

Equipment

sauce pan

oven

blender

baking pan

glass baking pan

Directions

Heat oven to 375F. 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.

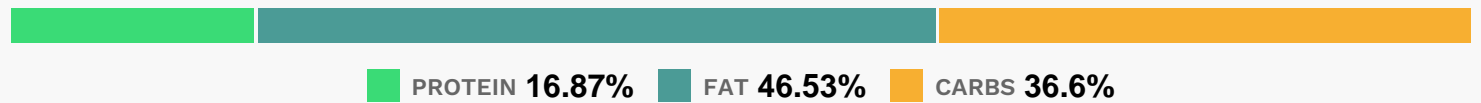
Remove from heat. Cool slightly.

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:23.076086790665%

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: 724.56kcal (36.23%), Fat: 37.88g (58.28%), Saturated Fat: 12.83g (80.17%), Carbohydrates: 67.03g (22.34%), Net Carbohydrates: 60.95g (22.17%), Sugar: 6.17g (6.85%), Cholesterol: 89.65mg (29.88%), Sodium: 1363.92mg (59.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.9g (61.79%), Vitamin C: 53.33mg (64.64%), Phosphorus: 547.85mg (54.78%), Calcium: 488.35mg (48.84%), Selenium: 23.1µg (33%), Vitamin B6: 0.65mg (32.44%), Magnesium: 105.5mg (26.38%), Zinc: 3.88mg (25.88%), Vitamin B3: 5.04mg (25.22%), Fiber: 6.07g (24.29%), Vitamin E: 3.52mg (23.48%), Vitamin K: 23.41µg (22.29%), Vitamin B12: 1.3µg (21.73%), Vitamin B2: 0.36mg (21.06%), Vitamin A: 1001.53IU (20.03%), Vitamin B5: 1.65mg (16.53%), Potassium: 557.45mg (15.93%), Iron: 2.67mg (14.84%), Vitamin B1: 0.19mg (12.61%), Folate: 43.85µg (10.96%), Copper: 0.17mg (8.48%), Manganese: 0.09mg (4.46%), Vitamin D: 0.43µg (2.88%)