



Turkey Club Enchilada Casserole

 Very Healthy

READY IN



95 min.

SERVINGS



6

CALORIES



874 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 ounces applewood bacon chopped
- 6 servings avocado diced with lime juice
- 6 servings pepper black freshly ground
- 4 tablespoons butter
- 1 cup chicken stock see leftover
- 2 fresno chiles chopped for a milder filling (seed the chiles)
- 4 ounce chiles diced green drained well canned tinned
- 2 tablespoons evoo

- 3 tablespoons flour
- 16 6-inch corn tortillas flour tortillas
- 0.3 cup parsley leaves fresh finely chopped
- 4 cloves garlic finely chopped
- 1 tablespoon ground cumin
- 1 juice of lime juiced
- 6 servings crema mexicana sour for dolloping
- 2.5 cups milk
- 2 medium onion finely chopped
- 3 cups combo of monterey and pepper jack shredded
- 6 servings onion red chopped
- 6 servings romaine heart lettuce shredded chopped
- 6 servings salt
- 2 tomatoes seeded chopped
- 6 servings tomatoes diced seeded
- 1 roasted turkey breast cooked

Equipment

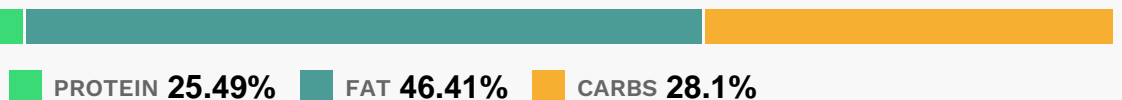
- food processor
- frying pan
- oven
- whisk
- pot
- baking pan

Directions

- Watch how to make this recipe.
- Coarsely chop the turkey meat and pulse process in a food processor into a fine chop.

- Heat a large, deep skillet over medium to medium-high heat with the EVOO, a couple turns of the pan.
- Add the bacon and render until crispy.
- Add the garlic, chiles and onions. Season with cumin and some pepper.
- Saute until tender, about 10 minutes.
- Add the turkey, cilantro, tomatoes and lime juice. Then add the gravy or stock to moisten. Warm through and season with salt.
- Remove from the heat.
- Char the tortillas and blister in a hot dry skillet or over an open flame on a gas burner, 30 to 40 seconds per side.
- In a sauce pot over medium heat, melt the butter. Then whisk in the flour and cook for 1 minute.
- Whisk in the milk, and season with salt and pepper. Cook the mixture until it thickens and coats the back of a spoon. Stir in two-thirds of the cheese to melt, then stir in the green chiles.
- Fill the tortillas with the turkey and bacon mixture and arrange in a large baking dish.
- Pour the sauce evenly over the enchiladas. Then top with the remaining cheese. Cool and store for a make-ahead meal.
- To bake the enchiladas, bring to room temperature and preheat the oven to 400 degrees F.
- Bake the enchiladas until brown and bubbly, about 40 minutes if from the fridge, or 20 to 25 minutes if still warm from the initial preparation.
- Serve and top the enchiladas with lettuce, avocado, lime, tomatoes, onions and creme fraiche.

Nutrition Facts



Properties

Glycemic Index:86.58, Glycemic Load:21.23, Inflammation Score:-10, Nutrition Score:52.151739576589%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 3.14mg, Hesperetin: 3.14mg, Hesperetin: 3.14mg, Hesperetin: 3.14mg Naringenin: 1.64mg, Naringenin: 1.64mg, Naringenin: 1.64mg,

Naringenin: 1.64mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 11.46mg, Quercetin: 11.46mg, Quercetin: 11.46mg, Quercetin: 11.46mg

Nutrients (% of daily need)

Calories: 873.64kcal (43.68%), Fat: 46.37g (71.34%), Saturated Fat: 20.98g (131.13%), Carbohydrates: 63.18g (21.06%), Net Carbohydrates: 52.55g (19.11%), Sugar: 16.93g (18.82%), Cholesterol: 171.26mg (57.09%), Sodium: 1244.39mg (54.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.32g (114.64%), Vitamin A: 10646.88IU (212.94%), Vitamin K: 165.98µg (158.08%), Phosphorus: 1030.03mg (103%), Vitamin C: 80.14mg (97.14%), Vitamin B3: 17.63mg (88.15%), Vitamin B6: 1.76mg (88.05%), Calcium: 743.31mg (74.33%), Selenium: 50.03µg (71.47%), Folate: 212.57µg (53.14%), Potassium: 1673.73mg (47.82%), Vitamin B2: 0.81mg (47.47%), Fiber: 10.63g (42.51%), Magnesium: 167.86mg (41.96%), Manganese: 0.83mg (41.58%), Zinc: 5.81mg (38.72%), Vitamin B12: 1.92µg (32.06%), Vitamin B1: 0.45mg (30.24%), Iron: 5.19mg (28.86%), Copper: 0.47mg (23.28%), Vitamin B5: 2.17mg (21.66%), Vitamin E: 3.01mg (20.09%), Vitamin D: 1.64µg (10.96%)