



 **24%**
HEALTH SCORE

Turkey Enchilada Bake

 **Gluten Free**

READY IN



45 min.

SERVINGS



8

CALORIES



592 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 avocado thinly sliced
- 7 oz black beans canned ()
- 1 TBSP chili powder
- 3 oz chipotles in adobo ()
- 1 cup cilantro leaves chopped
- 10.5 corn tortillas
- 10.5 corn tortillas
- 7 oz canned tomatoes fire roasted canned ()

- 3 cloves garlic
- 4 oz to 2 chilies slit green canned
- 1 ground coriander
- 1 TBSP ground cumin
- 2 juice of lime juiced
- 10 oz pd of ground turkey lean
- 0.5 onion red thinly sliced
- 1 TBSP paprika
- 1 cup salsa jarred your favorite
- 3 cups cheddar cheese shredded
- 1 cup cream light sour
- 3 tomatillos
- 0.5 onion yellow

Equipment

- food processor
- oven
- blender
- baking pan
- aluminum foil

Directions

- Make the turkey mixture: Roast the vegetables: Preheat oven to 400 degrees.
- Cut the tomatillos in half, slice the onion into in slices and remove garlic from covering.
- Add tomatillos, onion, garlic, tomatoes, green chilies, chipotles, chili powder, cumin, paprika, and coriander to blender or food processor. Blend until smooth. In a large bowl, add the turkey, beans, and sauce,
- Mix together until everything is evenly distributed.

- Layer 1: In a 9 by 13 baking dish, spread salsa on the bottom evenly. place 3.5 tortillas on top, making sure they cover evenly.
- Add 1 cup of turkey mixture on top of tortillas, spreading evenly.
- Add 1 cup of cheese on top, sprinkling evenly.
- Place cup of thinly sliced red onion on top of cheese.
- Layer 2: Repeat of layer 1
- Place tortillas, then turkey.
- Place the sliced of avocado on top of turkey so they evenly cover.
- Add lime juice evenly over avocado, this will help them stay green. Top with final cup of cheese. Cover with foil.
- Place in oven and bake for 30 min, rotating way.
- Remove foil and cook for another 10 minutes.
- Let cool for at least 10 minutes.
- Serve with chopped cilantro and a dollop of sour cream.
- Serve with tortillas chips. Enjoy! You can find step by step pictures on how to make the turkey mixture on my Mini Mexican Bell Pepper Recipe
- Again, I made a double batch of turkey when I made those, so this recipe was even easier. I highly recommend doing so.

Nutrition Facts



■ **PROTEIN 17.93%**
■ **FAT 46.63%**
■ **CARBS 35.44%**

Properties

Glycemic Index: 38, Glycemic Load: 14.46, Inflammation Score: -9, Nutrition Score: 27.849565217391%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg
 Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg
 Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg
 Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg
 Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg
 Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg
 Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg
 Kaempferol: 0.09mg

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

Taste

Sweetness: 53.91%, Saltiness: 84%, Sourness: 32.25%, Bitterness: 14.11%, Savoriness: 59.16%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 591.68kcal (29.58%), Fat: 31.91g (49.09%), Saturated Fat: 12.23g (76.42%), Carbohydrates: 54.57g (18.19%), Net Carbohydrates: 39.84g (14.49%), Sugar: 5.71g (6.34%), Cholesterol: 71.93mg (23.98%), Sodium: 769.24mg (33.45%), Protein: 27.61g (55.22%), Phosphorus: 608.24mg (60.82%), Fiber: 14.73g (58.92%), Calcium: 452.34mg (45.23%), Vitamin B6: 0.84mg (41.93%), Selenium: 26.44µg (37.77%), Vitamin A: 1774.22IU (35.48%), Vitamin B3: 6.87mg (34.33%), Magnesium: 120.64mg (30.16%), Vitamin B2: 0.48mg (28.09%), Potassium: 982.71mg (28.08%), Manganese: 0.55mg (27.71%), Zinc: 4.1mg (27.33%), Vitamin K: 27.74µg (26.42%), Folate: 102.09µg (25.52%), Vitamin E: 3.35mg (22.33%), Vitamin C: 16.98mg (20.58%), Iron: 3.65mg (20.29%), Copper: 0.41mg (20.27%), Vitamin B5: 1.81mg (18.13%), Vitamin B1: 0.23mg (15.62%), Vitamin B12: 0.75µg (12.51%), Vitamin D: 0.45µg (3.02%)