



Turkey Enchilada Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



273 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 corn tortillas (6 in. wide)
- ☐ 10 servings cilantro leaves fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 1.5 pounds ground turkey breast
- ☐ 8 oz jack cheese shredded
- ☐ 0.5 cup onion chopped
- ☐ 2 tablespoons oregano leaves dried fresh minced

- ☐ 29 oz enchilada sauce red canned
- ☐ 1 teaspoon salad oil
- ☐ 10 servings salt

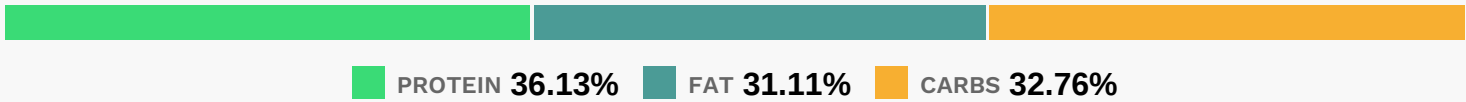
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ In a 5- to 6-quart pan over high heat, stir turkey, onion, garlic, oregano, and cumin in oil until turkey is crumbly and no longer pink, about 4 minutes. Stir in 1 cup enchilada sauce.
- ☐ Add salt to taste.
- ☐ Meanwhile, cut tortillas in half. Arrange a fourth of the halves evenly over the bottom of a shallow 3-quart casserole, overlapping to fit.
- ☐ Sprinkle a fourth of the cheese evenly over the tortillas, then top with a third of the turkey mixture and a fourth of the remaining enchilada sauce, spreading each level. Repeat to make two more layers of tortillas, cheese, turkey mixture, and sauce; top with another layer of tortillas and sauce, then cheese.
- ☐ Bake in a 425 regular or convection oven until cheese is melted and casserole is hot in the center, 18 to 20 minutes.
- ☐ Sprinkle with chopped cilantro.

Nutrition Facts



Properties

Glycemic Index:17.65, Glycemic Load:6.33, Inflammation Score:-8, Nutrition Score:13.236087135647%

Flavonoids

Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 272.68kcal (13.63%), Fat: 9.57g (14.72%), Saturated Fat: 4.86g (30.34%), Carbohydrates: 22.67g (7.56%), Net Carbohydrates: 18.71g (6.8%), Sugar: 6.26g (6.96%), Cholesterol: 57.61mg (19.2%), Sodium: 1092.32mg (47.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.99g (49.99%), Phosphorus: 358.68mg (35.87%), Vitamin B3: 7.16mg (35.81%), Vitamin B6: 0.7mg (34.99%), Selenium: 20.43µg (29.19%), Calcium: 216.88mg (21.69%), Fiber: 3.95g (15.82%), Zinc: 2.34mg (15.61%), Vitamin A: 765.66IU (15.31%), Magnesium: 52.42mg (13.1%), Iron: 2.03mg (11.29%), Vitamin B2: 0.19mg (11.12%), Manganese: 0.19mg (9.31%), Vitamin B12: 0.54µg (8.92%), Potassium: 306.95mg (8.77%), Vitamin K: 7.43µg (7.08%), Vitamin B5: 0.7mg (7.05%), Vitamin B1: 0.08mg (5.51%), Copper: 0.11mg (5.39%), Folate: 15.07µg (3.77%), Vitamin C: 2.54mg (3.08%), Vitamin E: 0.45mg (3.03%), Vitamin D: 0.41µg (2.72%)