

Turkey Nacho Bake

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



651 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounce olives black sliced canned
- ☐ 6 servings pepper black freshly ground to taste
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 cloves garlic chopped
- ☐ 1 bunch green onions sliced
- ☐ 1 pound pd of ground turkey
- ☐ 2 teaspoons pepper flakes red crushed
- ☐ 14 ounce refried beans canned

- ☐ 2 cups cheddar cheese shredded
- ☐ 1 ounce taco seasoning dry
- ☐ 1 tomatoes diced ripe
- ☐ 14.5 ounce tortilla chips

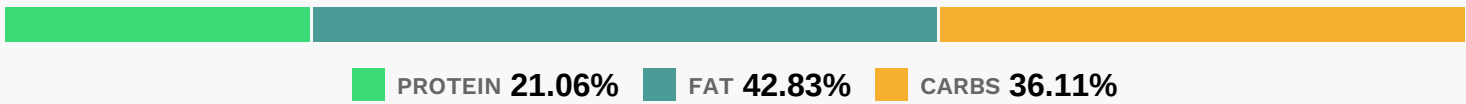
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ microwave

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large skillet over medium heat, begin to brown the ground turkey. Stir in garlic, pepper, 1 teaspoon red pepper flakes, and 1 tablespoon chives. Stir in 1 tablespoon hot sauce. When the turkey is browned, stir in taco seasoning mix according to package instructions.
- ☐ Pour the beans into a microwave safe bowl, and heat in the microwave until softened. Stir in 1 tablespoon chives and 1 tablespoon hot sauce.
- ☐ Spread the tortilla chips across the bottom of a baking sheet. Spoon the beans mixture over the chips. Then spread the turkey mixture across the top.
- ☐ Sprinkle cheese, then olives, tomatoes, green onions, and remaining 1 teaspoon of crushed red pepper flakes over the top.
- ☐ Bake in preheated oven until cheese is melted, about 15 minutes

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:2.34, Inflammation Score:-8, Nutrition Score:21.872173848359%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 651.22kcal (32.56%), Fat: 31.51g (48.48%), Saturated Fat: 9.94g (62.1%), Carbohydrates: 59.78g (19.93%), Net Carbohydrates: 51.14g (18.6%), Sugar: 4.01g (4.46%), Cholesterol: 79.25mg (26.42%), Sodium: 1578.83mg (68.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.86g (69.72%), Phosphorus: 509.7mg (50.97%), Selenium: 30.87µg (44.1%), Vitamin B6: 0.85mg (42.46%), Vitamin B3: 8.21mg (41.06%), Calcium: 383.15mg (38.32%), Fiber: 8.64g (34.57%), Vitamin A: 1423.28IU (28.47%), Vitamin K: 28.4µg (27.05%), Vitamin E: 3.86mg (25.77%), Zinc: 3.76mg (25.09%), Magnesium: 96.61mg (24.15%), Vitamin B2: 0.31mg (18.27%), Vitamin B5: 1.67mg (16.75%), Iron: 2.96mg (16.46%), Potassium: 465.57mg (13.3%), Vitamin B12: 0.78µg (13.08%), Vitamin B1: 0.17mg (11.47%), Copper: 0.17mg (8.67%), Vitamin C: 6.58mg (7.98%), Folate: 29.66µg (7.42%), Manganese: 0.08mg (4.13%), Vitamin D: 0.53µg (3.52%)