



## Turkey Nachos

 Gluten Free

READY IN



28 min.

SERVINGS



6

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup black beans canned rinsed drained
- 1 cup cherry tomatoes chopped
- 1 tablespoon chili powder
- 9 oz baked corn tortilla chips
- 1 clove garlic finely chopped
- 0.5 teaspoon ground cumin
- 8 ounces pd of ground turkey lean
- 1 onion finely chopped

- 8 ounces pepper jack shredded reduced-fat
- 6 servings salt
- 2 teaspoons vegetable oil

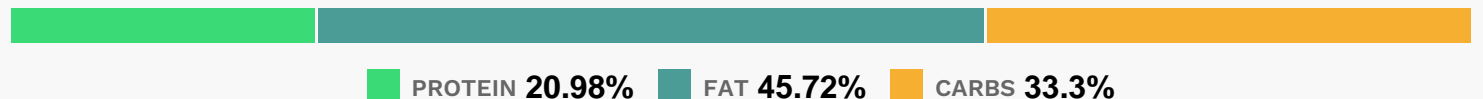
## Equipment

- frying pan
- oven
- baking pan
- wooden spoon

## Directions

- Preheat oven to 400F. Warm oil in a skillet over medium heat.
- Add onion, sprinkle lightly with salt and cook, stirring occasionally, until softened, 3 to 5 minutes.
- Add garlic, chili powder, cumin and a pinch of salt and saut 30 seconds longer.
- Add turkey and cook, stirring and breaking up meat with a wooden spoon, until cooked through, 5 to 7 minutes.
- Spread 1/2 bag of chips in a single layer in a 9-by-13-inch baking dish. Spoon 1/2 of turkey mixture over chips.
- Spread 1/2 of beans and 1/2 of cherry tomatoes over turkey.
- Sprinkle with 1/2 of cheese. Repeat with remaining chips, turkey, beans, tomatoes and cheese.
- Bake uncovered until cheese is melted, 7 to 10 minutes.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:14.83, Glycemic Load:0.5, Inflammation Score:-7, Nutrition Score:15.66173949449%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg

## Nutrients (% of daily need)

Calories: 440.32kcal (22.02%), Fat: 22.85g (35.16%), Saturated Fat: 8.9g (55.6%), Carbohydrates: 37.45g (12.48%), Net Carbohydrates: 32.19g (11.71%), Sugar: 2.02g (2.25%), Cholesterol: 54.43mg (18.14%), Sodium: 715.12mg (31.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.6g (47.19%), Phosphorus: 398.14mg (39.81%), Calcium: 352.15mg (35.22%), Vitamin B6: 0.52mg (26.11%), Selenium: 16.65µg (23.78%), Vitamin B3: 4.56mg (22.79%), Fiber: 5.25g (21.01%), Magnesium: 73.72mg (18.43%), Zinc: 2.68mg (17.86%), Vitamin A: 821.85IU (16.44%), Vitamin B2: 0.28mg (16.2%), Vitamin E: 2.41mg (16.04%), Vitamin K: 14.79µg (14.08%), Iron: 2.31mg (12.85%), Potassium: 419.74mg (11.99%), Vitamin B5: 1.04mg (10.38%), Vitamin B1: 0.15mg (10.1%), Folate: 39.53µg (9.88%), Vitamin C: 7.97mg (9.66%), Copper: 0.17mg (8.63%), Vitamin B12: 0.51µg (8.44%), Manganese: 0.16mg (8%), Vitamin D: 0.38µg (2.52%)