



Turkey Nachos

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz black beans rinsed drained canned
- 4 oz tortilla chips low-fat (not)
- 0.5 cup cilantro leaves fresh chopped
- 1 garlic clove finely chopped
- 0.3 teaspoon ground cumin
- 8 oz monterrey jack cheese grated
- 2 teaspoons jalapeno finely chopped
- 1.5 tablespoons juice of lime fresh

- 1 teaspoon oregano dried crumbled
- 2 teaspoons pickled beets finely chopped
- 3 bell pepper red finely chopped (preferably and orange)
- 6 servings salsa
- 0.3 cup spring onion chopped
- 1 cup cream sour
- 0.5 lb turkey meat shredded leftover
- 2 tablespoons vegetable oil

Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 450°F.
- Toss turkey with lime juice and season with salt and pepper.
- Heat 1 1/2 tablespoons oil in a 10-inch heavy skillet over moderately high heat until hot but not smoking, then sauté bell peppers, stirring, until crisp-tender, about 3 minutes.
- Transfer to a bowl.
- Heat remaining 1/2 tablespoon oil in skillet over moderate heat and cook garlic, cumin, and oregano, stirring, 1 minute. Stir in beans and cook, stirring, until heated through, about 1 minute. Season with salt and pepper.
- Make 2 layers each of corn chips, sautéed peppers, beans, turkey, cheese, scallion, and cilantro in a 3-quart shallow baking dish.
- Bake nachos in middle of oven until cheese is melted, 6 to 10 minutes.
- Stir together sour cream and jalapeño to taste and serve on the side along with salsa.

Nutrition Facts



■ PROTEIN **20.75%** ■ FAT **52.02%** ■ CARBS **27.23%**

Properties

Glycemic Index:32.5, Glycemic Load:0.96, Inflammation Score:-10, Nutrition Score:25.811739195948%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 483.26kcal (24.16%), Fat: 28.57g (43.96%), Saturated Fat: 12.59g (78.71%), Carbohydrates: 33.66g (11.22%), Net Carbohydrates: 25.52g (9.28%), Sugar: 5.74g (6.38%), Cholesterol: 81.58mg (27.19%), Sodium: 834.63mg (36.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.65g (51.29%), Vitamin C: 83.5mg (101.22%), Vitamin A: 2719.31IU (54.39%), Phosphorus: 418.65mg (41.87%), Calcium: 394.69mg (39.47%), Fiber: 8.13g (32.54%), Vitamin K: 33.24µg (31.66%), Vitamin B6: 0.62mg (30.91%), Vitamin B2: 0.45mg (26.7%), Selenium: 17.69µg (25.27%), Vitamin B3: 4.76mg (23.8%), Folate: 91.49µg (22.87%), Magnesium: 80.21mg (20.05%), Zinc: 2.86mg (19.08%), Potassium: 665.25mg (19.01%), Vitamin E: 2.84mg (18.9%), Iron: 2.96mg (16.43%), Manganese: 0.33mg (16.4%), Vitamin B12: 0.86µg (14.38%), Vitamin B1: 0.21mg (13.89%), Copper: 0.25mg (12.39%), Vitamin B5: 1.16mg (11.64%), Vitamin D: 0.3µg (2.02%)