



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
- ☐ 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



Properties

Glycemic Index:32.5, Glycemic Load:0.96, Inflammation Score:-10, Nutrition Score:25.765652138254%

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: 482.75kcal (24.14%), Fat: 28.57g (43.95%), Saturated Fat: 12.59g (78.7%), Carbohydrates: 33.54g (11.18%), Net Carbohydrates: 25.43g (9.25%), Sugar: 5.65g (6.28%), Cholesterol: 81.58mg (27.19%), Sodium: 831.44mg (36.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.63g (51.26%), Vitamin C: 83.44mg (101.14%), Vitamin A: 2718.91IU (54.38%), Phosphorus: 418.37mg (41.84%), Calcium: 394.44mg (39.44%), Fiber: 8.1g (32.42%), Vitamin K: 33.24µg (31.66%), Vitamin B6: 0.62mg (30.86%), Vitamin B2: 0.45mg (26.66%), Selenium: 17.68µg (25.26%), Vitamin B3: 4.76mg (23.79%), Folate: 91.03µg (22.76%), Magnesium: 79.93mg (19.98%), Zinc: 2.86mg (19.06%), Potassium: 662.82mg (18.94%), Vitamin E: 2.83mg (18.9%), Iron: 2.93mg (16.27%), Manganese: 0.32mg (16.16%), Vitamin B12: 0.86µg (14.38%), Vitamin B1: 0.21mg (13.88%), Copper: 0.25mg (12.34%), Vitamin B5: 1.16mg (11.61%), Vitamin D: 0.3µg (2.02%)