



Turkey Tamale Pie

READY IN



45 min.

SERVINGS



6

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz kidney beans rinsed drained canned
- ☐ 2 tablespoons chili powder
- ☐ 8.5 oz just-add-water cornbread mix
- ☐ 1 large eggs
- ☐ 4 oz pepper flakes diced green canned
- ☐ 1 cup spring onion thinly sliced
- ☐ 1 teaspoon ground cumin
- ☐ 0.8 pound pd of ground turkey lean
- ☐ 0.3 cup milk

- ☐ 1 tablespoon salad oil
- ☐ 14 oz pasta sauce

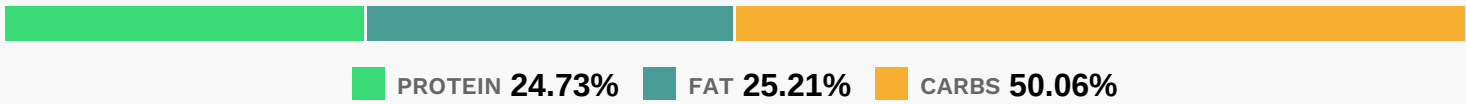
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Place oil in a 10- to 12-inch frying pan over medium-high heat. Crumble turkey into pan.
- ☐ Add onions. Cook and stir until onions are limp, about 3 minutes.
- ☐ Add chili powder and cumin and stir 2 to 3 minutes.
- ☐ Add 3/4 cup water, spaghetti sauce, and beans. Bring to a boil. Reduce heat and simmer, uncovered, 10 to 12 minutes, stirring occasionally.
- ☐ Meanwhile, in a bowl, lightly beat together egg and milk. Stir in chilies and cornbread mix.
- ☐ Pour hot turkey mixture into a shallow 2 1/2- to 3-quart baking dish.
- ☐ Sprinkle cheese over turkey mixture.
- ☐ Spread cornbread batter evenly over cheese.
- ☐ Bake, uncovered, in a 375 oven until cornbread topping is golden brown, 25 to 30 minutes. Scoop out servings with a spoon.

Nutrition Facts



Properties

Glycemic Index:36.17, Glycemic Load:5.71, Inflammation Score:-9, Nutrition Score:24.107826004858%

Flavonoids

Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 364.97kcal (18.25%), Fat: 10.48g (16.12%), Saturated Fat: 2.3g (14.39%), Carbohydrates: 46.83g (15.61%),
Net Carbohydrates: 37.79g (13.74%), Sugar: 13.94g (15.49%), Cholesterol: 64.21mg (21.4%), Sodium: 916.38mg
(39.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.13g (46.26%), Phosphorus: 468.81mg (46.88%),
Vitamin K: 48.47µg (46.16%), Vitamin C: 35.57mg (43.12%), Vitamin B3: 8.52mg (42.58%), Vitamin B6: 0.84mg
(42.12%), Fiber: 9.04g (36.16%), Vitamin A: 1549.25IU (30.98%), Selenium: 19.46µg (27.8%), Manganese: 0.53mg
(26.41%), Iron: 4.23mg (23.51%), Vitamin B1: 0.34mg (22.55%), Potassium: 784.95mg (22.43%), Vitamin B2: 0.37mg
(21.59%), Folate: 85.98µg (21.49%), Vitamin E: 2.82mg (18.81%), Magnesium: 72.36mg (18.09%), Copper: 0.32mg
(16.06%), Zinc: 2.21mg (14.71%), Vitamin B5: 1.23mg (12.28%), Calcium: 98.13mg (9.81%), Vitamin B12: 0.45µg (7.57%),
Vitamin D: 0.51µg (3.37%)