Turkey Tamale Pie

READY IN	SERVINGS	CALORIES
45 min.	6	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 chilies diced green canned
- [ ] 1 cup green onions thinly sliced
- [ ] 1 teaspoon ground cumin
- [ ] 0.8 pound pd of ground turkey lean
- [ ] 0.3 cup milk

- [ ] 1 tablespoon salad oil
- [ ] 14 oz spaghetti 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

PROTEIN **24.73%** FAT **25.21%** CARBS **50.06%**

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: 0g (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%)