



Turkey Tamale Potpie

READY IN



45 min.

SERVINGS



6

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 15 ounce kidney beans rinsed drained canned
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1 tablespoon chili powder
- ☐ 1 large eggs lightly beaten
- ☐ 4.5 ounces flour all-purpose
- ☐ 4 garlic clove minced
- ☐ 1 pound pd of ground turkey

- ☐ 1 cup buttermilk low-fat
- ☐ 1 cup onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 0.8 cup bell pepper red chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 0.8 cup cornmeal yellow

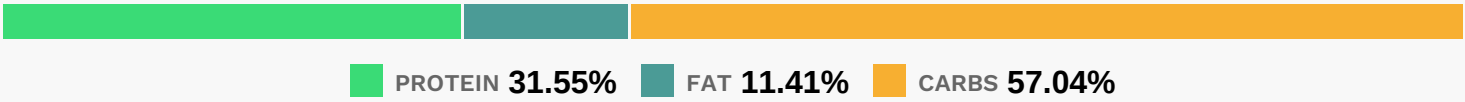
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 425
- ☐ To prepare filling, heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion, bell pepper, garlic, and turkey; cook 5 minutes or until turkey loses its pink color.
- ☐ Add chili powder, oregano, 1/2 teaspoon salt, tomatoes, and beans; cook 3 minutes. Spoon turkey mixture into an 11 x 7-inch baking dish coated with cooking spray.
- ☐ To prepare topping, lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, cornmeal, sugar, baking powder, 1/2 teaspoon salt, and baking soda in a bowl.
- ☐ Combine buttermilk and egg; add to dry ingredients, stirring just until moist.
- ☐ Spread cornmeal mixture evenly over turkey mixture.
- ☐ Bake at 425 for 18 minutes or until topping is golden.

Nutrition Facts



Properties

Glycemic Index:81.6, Glycemic Load:26.91, Inflammation Score:-9, Nutrition Score:25.937391073807%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg

Nutrients (% of daily need)

Calories: 371.69kcal (18.58%), Fat: 4.82g (7.41%), Saturated Fat: 1.27g (7.96%), Carbohydrates: 54.21g (18.07%), Net Carbohydrates: 45.22g (16.44%), Sugar: 9.35g (10.39%), Cholesterol: 74.18mg (24.73%), Sodium: 716.85mg (31.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.98g (59.97%), Vitamin B6: 1.1mg (55.21%), Vitamin B3: 10.7mg (53.5%), Selenium: 30.39µg (43.41%), Phosphorus: 423.18mg (42.32%), Vitamin C: 33.72mg (40.88%), Manganese: 0.74mg (37.01%), Fiber: 8.99g (35.98%), Vitamin B1: 0.45mg (29.81%), Iron: 4.7mg (26.13%), Potassium: 883.31mg (25.24%), Vitamin B2: 0.43mg (25.02%), Folate: 99.82µg (24.96%), Vitamin A: 1214.86IU (24.3%), Magnesium: 96.71mg (24.18%), Zinc: 3.18mg (21.18%), Copper: 0.4mg (19.89%), Calcium: 161.64mg (16.16%), Vitamin B5: 1.52mg (15.16%), Vitamin E: 1.99mg (13.25%), Vitamin K: 11.24µg (10.71%), Vitamin B12: 0.55µg (9.13%), Vitamin D: 0.47µg (3.13%)