



Turkey tortilla pie

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



482 kcal

Ingredients

- ☐ 2 onion finely chopped
- ☐ 1 tbsp olive oil plus a little extra if needed
- ☐ 2 tsp ground cumin
- ☐ 500 g ground meat turkey
- ☐ 1.5 tbsp chipotle paste
- ☐ 400 g canned tomatoes chopped canned
- ☐ 400 g kidney beans drained and rinsed canned
- ☐ 198 g regular corn drained canned
- ☐ 2 corn tortillas snipped

- ☐ 1 small handful cheddar cheese grated
- ☐ 2 spring onion finely sliced

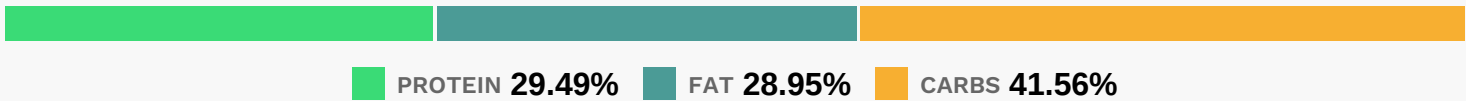
Equipment

- ☐ frying pan
- ☐ casserole dish
- ☐ grill

Directions

- ☐ In a deep flameproof casserole dish, cook the onions in the oil for 8 mins until soft.
- ☐ Add the cumin and cook for 1 min more. Stir in the mince and add a bit more oil, if needed. Turn up the heat and cook for 4–6 mins, stirring occasionally, until the mince is browned.
- ☐ Stir in the chipotle paste, tomatoes and half a can of water, and simmer for 5 mins.
- ☐ Mix in the beans and sweetcorn, and cook for a few mins more until thick, piping hot and the mince is cooked.
- ☐ Heat the grill. Take the pan off the heat and put the tortilla triangles randomly on top. Scatter over the cheese and grill for a few mins until the topping is crisp, taking care that it doesnt burn.
- ☐ Sprinkle with the spring onions and serve.

Nutrition Facts



Properties

Glycemic Index:66.57, Glycemic Load:15.73, Inflammation Score:-8, Nutrition Score:29.643913051356%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 18.63mg, Quercetin: 18.63mg, Quercetin: 18.63mg, Quercetin: 18.63mg

Nutrients (% of daily need)

Calories: 481.99kcal (24.1%), Fat: 16.19g (24.91%), Saturated Fat: 3.55g (22.2%), Carbohydrates: 52.3g (17.43%), Net Carbohydrates: 39.8g (14.47%), Sugar: 9.58g (10.64%), Cholesterol: 92.75mg (30.92%), Sodium: 233.2mg (10.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.1g (74.21%), Phosphorus: 518.49mg (51.85%), Fiber: 12.5g (50.01%), Vitamin B3: 9.74mg (48.7%), Manganese: 0.91mg (45.45%), Folate: 178.23µg (44.56%), Vitamin B6: 0.88mg (43.95%), Iron: 6.97mg (38.74%), Selenium: 26.88µg (38.39%), Potassium: 1209.31mg (34.55%), Zinc: 5.15mg (34.36%), Copper: 0.64mg (31.91%), Magnesium: 123.91mg (30.98%), Vitamin B1: 0.41mg (27.46%), Vitamin K: 28.7µg (27.34%), Vitamin B12: 1.5µg (25.04%), Vitamin B2: 0.4mg (23.64%), Vitamin C: 18.4mg (22.3%), Vitamin B5: 2.23mg (22.27%), Vitamin E: 2.08mg (13.88%), Calcium: 128.35mg (12.83%), Vitamin A: 512.82IU (10.26%), Vitamin D: 0.5µg (3.34%)