



## Zippy Turkey Tortilla Bake

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



184 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15 ounces black beans rinsed drained canned
- 0.3 teaspoon ground pepper
- 2 teaspoons chili powder
- 0.5 teaspoon garlic powder
- 0.5 teaspoon ground cumin
- 1 pound pd of ground turkey lean
- 0.3 cup cream sour reduced-fat
- 0.8 cup chicken broth reduced-sodium

- 0.5 cup monterrey jack cheese shredded reduced-fat
- 1 small onion finely chopped
- 1.5 teaspoons oregano dried
- 16 ounces salsa
- 1 teaspoon vegetable oil
- 1 tablespoon vinegar

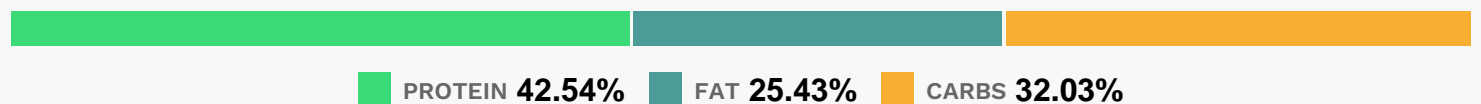
## Equipment

- frying pan
- oven
- baking pan

## Directions

- In a skillet, saute onion and garlic powder in oil until the onion is tender.
- Add turkey, vinegar, chili powder, oregano, cumin and cayenne; cook and stir over medium heat until turkey is no longer pink. Stir in beans.
- Remove from the heat.
- Combine salsa and broth; spread a thin layer in a 2-1/2-qt. baking dish coated with cooking spray.
- Cut tortillas into 1-in. strips and then into thirds; arrange half over salsa mixture. Top with half of the turkey mixture and half of the remaining salsa mixture. Repeat layers.
- Sprinkle with cheese. Cover and bake at 350° for 25 minutes or until bubbly. Top servings with sour cream.

## Nutrition Facts



## Properties

Glycemic Index:18.88, Glycemic Load:0.21, Inflammation Score:-7, Nutrition Score:12.948695737383%

## Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

## **Nutrients (% of daily need)**

Calories: 183.76kcal (9.19%), Fat: 5.35g (8.24%), Saturated Fat: 2.46g (15.38%), Carbohydrates: 15.17g (5.06%), Net Carbohydrates: 9.95g (3.62%), Sugar: 2.68g (2.98%), Cholesterol: 40.82mg (13.61%), Sodium: 670.97mg (29.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.15g (40.3%), Vitamin B3: 6.88mg (34.42%), Vitamin B6: 0.65mg (32.74%), Phosphorus: 255.31mg (25.53%), Selenium: 15.28µg (21.83%), Fiber: 5.22g (20.87%), Potassium: 555.35mg (15.87%), Magnesium: 49.99mg (12.5%), Manganese: 0.24mg (11.95%), Iron: 2.13mg (11.84%), Vitamin B2: 0.2mg (11.61%), Zinc: 1.74mg (11.6%), Calcium: 114.44mg (11.44%), Vitamin A: 556.6IU (11.13%), Folate: 44.41µg (11.1%), Copper: 0.2mg (10%), Vitamin B1: 0.14mg (9.47%), Vitamin B5: 0.75mg (7.46%), Vitamin E: 1.11mg (7.4%), Vitamin B12: 0.41µg (6.84%), Vitamin K: 6.59µg (6.28%), Vitamin C: 3.32mg (4.02%), Vitamin D: 0.29µg (1.92%)