



## Cheesy Turkey & Rice Burrito

READY IN



20 min.

SERVINGS



20

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 tsp chili powder
- 0.5 lb 3%-fat-free ground turkey
- 0.3 cup cilantro leaves fresh chopped
- 2 cloves garlic minced
- 1 cup grain brown rice whole cooked
- 0.5 cup onions chopped
- 0.5 cup taco bell® & chunky salsa thick
- 0.8 cup milk four cheese shredded 2% mexican style kraft finely
- 4 10-inch tortillas whole wheat ()

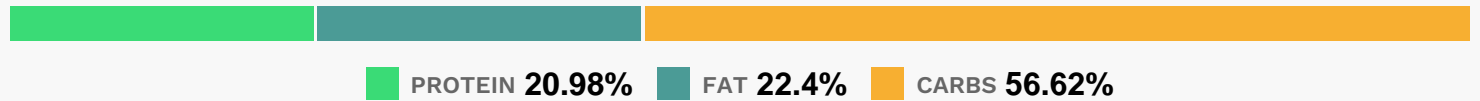
# Equipment

frying pan

# Directions

- Cook turkey, onions, garlic and chili powder in large nonstick skillet on medium heat 5 min. or until turkey is no longer pink, stirring occasionally.
- Stir in salsa and rice; simmer 3 min. or until heated through.
- Spoon turkey mixture down centers of tortillas; top with cheese and cilantro. Fold in opposite sides of each tortilla, then roll up burrito style.

# Nutrition Facts



# Properties

Glycemic Index:5.8, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:4.4873912800913%

# Flavonoids

Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

# Nutrients (% of daily need)

Calories: 106.65kcal (5.33%), Fat: 2.67g (4.11%), Saturated Fat: 1.17g (7.34%), Carbohydrates: 15.19g (5.06%), Net Carbohydrates: 13.69g (4.98%), Sugar: 1.13g (1.26%), Cholesterol: 11.24mg (3.75%), Sodium: 202.79mg (8.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.63g (11.26%), Manganese: 0.37mg (18.46%), Vitamin B6: 0.19mg (9.56%), Vitamin B3: 1.72mg (8.62%), Selenium: 5.66µg (8.09%), Phosphorus: 79.7mg (7.97%), Fiber: 1.5g (6%), Calcium: 58.95mg (5.89%), Magnesium: 19.29mg (4.82%), Vitamin B2: 0.07mg (4.3%), Vitamin B1: 0.06mg (3.86%), Zinc: 0.58mg (3.86%), Iron: 0.66mg (3.69%), Vitamin B5: 0.31mg (3.14%), Vitamin B12: 0.15µg (2.55%), Potassium: 85.05mg (2.43%), Vitamin A: 111.4IU (2.23%), Copper: 0.04mg (2.12%), Vitamin E: 0.27mg (1.77%), Folate: 5.75µg (1.44%), Vitamin K: 1.33µg (1.27%)