



Corn Tortilla Tacos with Ground Turkey

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



666 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound ground turkey meat
- 4 servings canola oil for sauteing
- 8 corn tortillas
- 0.8 teaspoon ground cumin
- 4 servings guacamole
- 4 servings kosher salt and pepper black freshly ground
- 2 roma tomatoes diced
- 1 head romaine lettuce shredded

- 8 ounce cheddar cheese shredded
- 4 servings cup heavy whipping cream sour
- 1 onion diced yellow

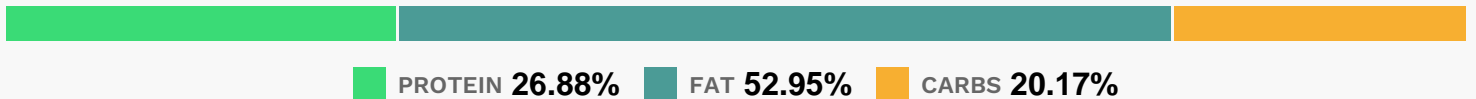
Equipment

- frying pan

Directions

- In a deep saute pan over medium-high heat, add enough oil to completely coat the bottom of the pan. When the oil is hot, add the onion and saute until translucent, about 5 minutes.
- Add the ground turkey and season with cumin, salt, and pepper. Cook until the turkey browns and is cooked through.
- Remove the turkey mixture from the pan and wipe out the pan. Divide the turkey mixture among the tortillas and fold in half.
- Add more oil to the pan, and then brown both sides of the filled tortilla, in batches. Once the tacos are cooked place the cheese in the tacos, followed by the shredded romaine lettuce, and diced tomatoes. Top each tortilla with a dollop of sour cream and guacamole, if desired.

Nutrition Facts



Properties

Glycemic Index:54.88, Glycemic Load:11.34, Inflammation Score:-10, Nutrition Score:39.012173859969%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 9.21mg, Quercetin: 9.21mg, Quercetin: 9.21mg, Quercetin: 9.21mg

Nutrients (% of daily need)

Calories: 665.66kcal (33.28%), Fat: 40.09g (61.68%), Saturated Fat: 14.03g (87.66%), Carbohydrates: 34.37g (11.46%), Net Carbohydrates: 26.84g (9.76%), Sugar: 4.91g (5.46%), Cholesterol: 126.15mg (42.05%), Sodium:

471.65mg (20.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.79g (91.59%), Vitamin A: 14568.97IU (291.38%), Vitamin K: 174.89µg (166.56%), Phosphorus: 754.41mg (75.44%), Vitamin B6: 1.31mg (65.39%), Selenium: 45.51µg (65.02%), Vitamin B3: 12.57mg (62.85%), Folate: 247.88µg (61.97%), Calcium: 523.63mg (52.36%), Zinc: 5.28mg (35.22%), Vitamin B2: 0.54mg (32%), Fiber: 7.53g (30.13%), Magnesium: 116.74mg (29.18%), Potassium: 1002.96mg (28.66%), Manganese: 0.52mg (26.17%), Vitamin E: 3.56mg (23.71%), Vitamin B12: 1.2µg (20.08%), Iron: 3.54mg (19.64%), Vitamin B1: 0.28mg (18.53%), Vitamin B5: 1.63mg (16.28%), Vitamin C: 12.78mg (15.49%), Copper: 0.28mg (13.87%), Vitamin D: 0.79µg (5.29%)