



## Gary's Turkey Burritos and Homemade Salsa

READY IN



25 min.

SERVINGS



6

CALORIES



451 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 14 ounce tomato sauce hot canned
- 6 10-inch flour tortilla ()
- 1 pound pd of ground turkey
- 0.8 cup cheddar cheese shredded reduced-fat
- 0.5 small onion diced
- 16 ounce cream fat free sour
- 15.3 ounce corn whole drained canned

### Equipment

frying pan

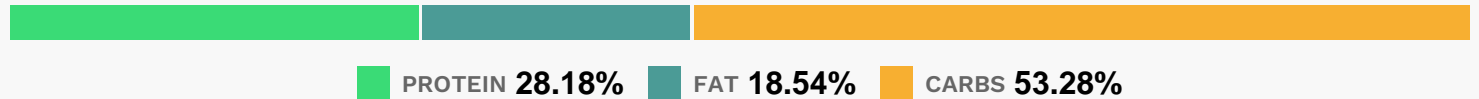
stove

## Directions

In a large skillet over medium high heat, brown ground turkey. Stir in tomato sauce, corn and onion. Reduce heat to medium and let simmer, stirring occasionally, until liquids reduce (about 20 minutes).

In a separate medium skillet, heat beans over medium-low heat. Prepare sour cream and cheese for sprinkling into burritos. One by one, heat tortillas over stove burner for 1 to 2 minutes, flipping a few times. Top with beans, then meat mixture, then sour cream and cheese. Fold over and serve while still warm.

## Nutrition Facts



## Properties

Glycemic Index:17.67, Glycemic Load:12.18, Inflammation Score:-7, Nutrition Score:21.650869317677%

## Flavonoids

Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

## Nutrients (% of daily need)

Calories: 450.78kcal (22.54%), Fat: 9.29g (14.29%), Saturated Fat: 3.21g (20.08%), Carbohydrates: 60.08g (20.03%), Net Carbohydrates: 56.54g (20.56%), Sugar: 5.57g (6.19%), Cholesterol: 51.35mg (17.12%), Sodium: 1178.02mg (51.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.77g (63.54%), Vitamin B3: 11.72mg (58.59%), Selenium: 38.8µg (55.43%), Phosphorus: 505.09mg (50.51%), Vitamin B6: 0.78mg (39.12%), Vitamin B1: 0.46mg (30.68%), Vitamin B2: 0.48mg (28.05%), Folate: 109.68µg (27.42%), Calcium: 269.63mg (26.96%), Manganese: 0.47mg (23.49%), Iron: 3.99mg (22.16%), Potassium: 705.92mg (20.17%), Zinc: 2.69mg (17.96%), Magnesium: 65.58mg (16.39%), Fiber: 3.54g (14.17%), Copper: 0.23mg (11.62%), Vitamin B12: 0.68µg (11.36%), Vitamin A: 527.46IU (10.55%), Vitamin B5: 1.02mg (10.17%), Vitamin C: 6.29mg (7.62%), Vitamin E: 1.02mg (6.77%), Vitamin K: 7µg (6.67%), Vitamin D: 0.32µg (2.11%)