



Grandma's Easy Turkey Taco Salad

 **Gluten Free**  **Dairy Free**

READY IN

ready

30 min.

SERVINGS

servings

6

CALORIES

calories

553 kcal

- SIDE DISH
- LUNCH
- MAIN COURSE
- MAIN DISH

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 1 pound pd of ground turkey
- ☐ 1 head iceberg lettuce shredded
- ☐ 1.3 ounce taco seasoning
- ☐ 8 fluid ounce thousand island dressing
- ☐ 2 tomatoes diced
- ☐ 10 ounce tortilla chips crumbled

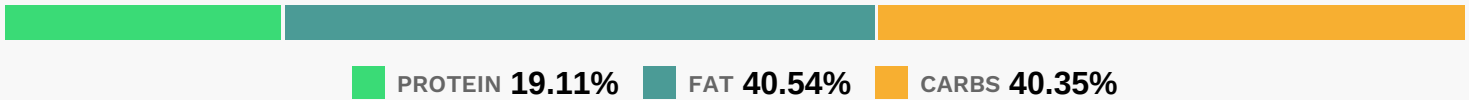
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a large skillet over medium-high heat, and stir in the ground turkey. Cook and stir until the turkey is crumbly, evenly browned, and no longer pink.
- ☐ Mix in taco seasoning mix as directed on package.
- ☐ Remove from heat.
- ☐ Combine the turkey, black beans, lettuce, tomatoes, and tortilla chips in a large bowl. Toss with salad dressing.
- ☐ Serve immediately, or refrigerate for an hour before serving.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:0.93, Inflammation Score:-8, Nutrition Score:24.694782588793%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 552.67kcal (27.63%), Fat: 25.51g (39.24%), Saturated Fat: 3.78g (23.65%), Carbohydrates: 57.12g (19.04%), Net Carbohydrates: 46.68g (16.97%), Sugar: 10.32g (11.46%), Cholesterol: 51.83mg (17.28%), Sodium: 1332.51mg (57.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.05g (54.09%), Vitamin K: 62.01µg (59.05%), Vitamin B1: 0.83mg (55.47%), Vitamin B3: 8.69mg (43.47%), Vitamin B6: 0.84mg (42.1%), Fiber: 10.44g (41.75%), Phosphorus: 392.92mg (39.29%), Selenium: 20.39µg (29.13%), Vitamin A: 1452.89IU (29.06%), Magnesium: 100.37mg (25.09%), Vitamin E: 3.68mg (24.54%), Potassium: 793.32mg (22.67%), Iron: 3.99mg (22.17%), Folate: 87.15µg (21.79%), Zinc: 2.67mg (17.82%), Manganese: 0.34mg (17.22%), Vitamin C: 12.7mg (15.4%), Vitamin B5: 1.47mg (14.74%), Vitamin B2: 0.25mg (14.74%), Copper: 0.27mg (13.62%), Calcium: 104.13mg (10.41%), Vitamin B12: 0.39µg (6.43%), Vitamin D: 0.3µg (2.02%)