



## Ground Turkey Tacos

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



522 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon vegetable oil
- 1 lb pd of ground turkey 93% lean (at least )
- 1 oz taco seasoning
- 0.7 cup water
- 4.6 oz taco shells (12 Count)
- 2 medium avocado pitted peeled sliced
- 1 cup pineapple rings fresh canned sliced ( or )

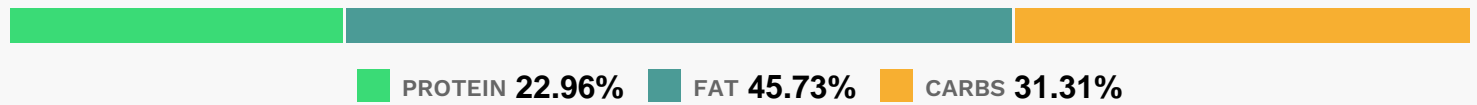
## Equipment

frying pan

## Directions

- In 10-inch skillet, heat oil over medium-high heat. Cook turkey in oil until no longer pink; drain.
- Stir in taco seasoning mix and water. Reduce heat; simmer uncovered 5 to 10 minutes or until thickened.
- Spoon filling into taco shells.
- Add toppings.

## Nutrition Facts



## Properties

Glycemic Index:27, Glycemic Load:13.33, Inflammation Score:-8, Nutrition Score:24.933913210164%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg

## Nutrients (% of daily need)

Calories: 521.86kcal (26.09%), Fat: 27.56g (42.4%), Saturated Fat: 5.53g (34.57%), Carbohydrates: 42.47g (14.16%), Net Carbohydrates: 31.45g (11.44%), Sugar: 10.92g (12.13%), Cholesterol: 62.37mg (20.79%), Sodium: 744.87mg (32.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.13g (62.26%), Vitamin B3: 13.53mg (67.68%), Vitamin B6: 1.34mg (67.03%), Fiber: 11.02g (44.08%), Phosphorus: 389.78mg (38.98%), Selenium: 27.26µg (38.95%), Vitamin K: 30.58µg (29.12%), Folate: 115.93µg (28.98%), Potassium: 970.6mg (27.73%), Magnesium: 98.36mg (24.59%), Vitamin B5: 2.39mg (23.94%), Vitamin C: 18.8mg (22.79%), Zinc: 3.23mg (21.51%), Copper: 0.36mg (18.16%), Vitamin B1: 0.27mg (17.89%), Vitamin E: 2.67mg (17.83%), Vitamin A: 875.06IU (17.5%), Vitamin B2: 0.29mg (16.95%), Manganese: 0.34mg (16.77%), Iron: 2.61mg (14.47%), Vitamin B12: 0.58µg (9.64%), Calcium: 58.71mg (5.87%), Vitamin D: 0.45µg (3.02%)