



Mexican Braid

READY IN



45 min.

SERVINGS



16

CALORIES



243 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 loaves bread dough frozen thawed
- ☐ 10 oz canned tomatoes diced with green chiles, drained canned
- ☐ 1 cup regular corn
- ☐ 1 pound pd of ground turkey
- ☐ 1 onion chopped
- ☐ 8 oz pepper jack cheese shredded

Equipment

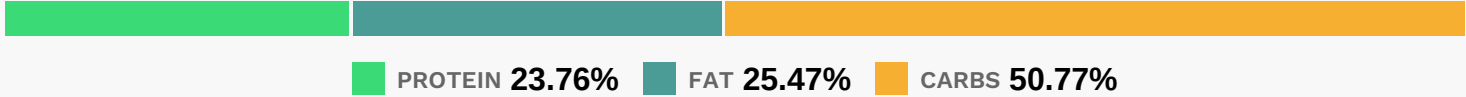
- ☐ frying pan

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Brown turkey with tomatoes and onion in a skillet over medium heat; drain.
- ☐ Add corn; cook until heated through.
- ☐ Roll out each loaf of dough to 1/4-inch thickness.
- ☐ Transfer to baking sheets that have been lined with lightly greased aluminum foil.
- ☐ Cut diagonal slits along each side of the dough, about one inch apart and 3 inches deep.
- ☐ Place half of turkey mixture in the center of each piece of dough. Top each with half of cheese. Fold in short sides of dough, pinching to seal. Fold dough flaps over the turkey mixture, alternating sides and creating a braided pattern. Pinch edges to seal.
- ☐ Bake at 350 degrees for 25 to 30 minutes, until golden.

Nutrition Facts



Properties

Glycemic Index:6.84, Glycemic Load:1.16, Inflammation Score:-2, Nutrition Score:5.4826087226038%

Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 242.92kcal (12.15%), Fat: 6.67g (10.26%), Saturated Fat: 2.87g (17.94%), Carbohydrates: 29.92g (9.97%), Net Carbohydrates: 28.3g (10.29%), Sugar: 1.22g (1.36%), Cholesterol: 28.21mg (9.4%), Sodium: 366.2mg (15.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14g (28%), Vitamin B3: 3.06mg (15.31%), Vitamin B6: 0.3mg (14.77%), Phosphorus: 140.06mg (14.01%), Selenium: 8.39µg (11.99%), Calcium: 113.96mg (11.4%), Zinc: 1.02mg (6.8%), Fiber: 1.62g (6.49%), Vitamin B2: 0.1mg (6.01%), Potassium: 159.44mg (4.56%), Vitamin B12: 0.26µg (4.37%), Magnesium: 17.19mg (4.3%), Vitamin B5: 0.38mg (3.85%), Vitamin C: 2.69mg (3.26%), Vitamin A: 162.27IU (3.25%), Iron: 0.55mg (3.06%), Vitamin B1: 0.04mg (2.65%), Folate: 9.76µg (2.44%), Manganese: 0.04mg (2.09%), Copper:

0.04mg (2.03%), Vitamin D: 0.2µg (1.32%), Vitamin E: 0.19mg (1.25%)