



Mojo Turkey Tacos

READY IN



25 min.

SERVINGS



4

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup avocado diced peeled
- 0.1 teaspoon chili powder hot
- 8 6-inch flour tortillas ()
- 1 tablespoon cilantro leaves fresh chopped
- 0.1 teaspoon garlic minced
- 0.3 teaspoon ground cumin
- 1 cup iceberg lettuce shredded
- 1.5 tablespoons juice of lemon fresh
- 1.5 tablespoons orange juice fresh

- 0.5 cup bottled salsa
- 0.5 cup preshredded 4-cheese mexican blend cheese reduced-fat
- 1 tablespoon cup heavy whipping cream fat-free sour
- 12 ounces turkey breast cooked coarsely chopped

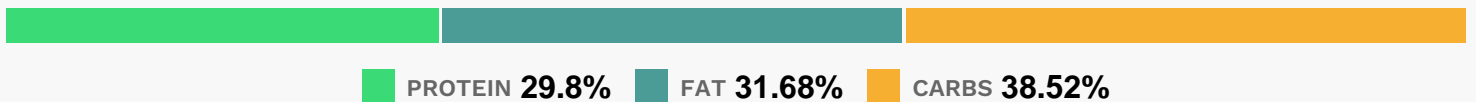
Equipment

- bowl
- whisk

Directions

- Using a whisk, mix first 7 ingredients (through sour cream) in a small bowl. Toss with turkey. Set aside.
- Heat the tortillas according to package directions.
- Spoon 1/4 cup of the turkey mixture onto each tortilla. Then top each tortilla with 2 tablespoons drained and rinsed black beans, 1 tablespoon bottled salsa, 2 tablespoons shredded iceberg lettuce, 1 tablespoon shredded cheese, and 1 tablespoon diced peeled avocado.
- Fold tortilla around taco mixture and serve.

Nutrition Facts



Properties

Glycemic Index:56.25, Glycemic Load:9.95, Inflammation Score:-6, Nutrition Score:19.66913050154%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 1.58mg, Hesperetin: 1.58mg, Hesperetin: 1.58mg, Hesperetin: 1.58mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg

0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 368.7kcal (18.43%), Fat: 13.1g (20.16%), Saturated Fat: 4.79g (29.97%), Carbohydrates: 35.85g (11.95%), Net Carbohydrates: 31.62g (11.5%), Sugar: 4.86g (5.39%), Cholesterol: 59.5mg (19.83%), Sodium: 923.74mg (40.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.73g (55.46%), Vitamin B3: 11.87mg (59.34%), Selenium: 35.38µg (50.54%), Phosphorus: 414.77mg (41.48%), Vitamin B6: 0.82mg (41.25%), Vitamin B1: 0.37mg (24.93%), Vitamin B2: 0.38mg (22.64%), Folate: 89.34µg (22.34%), Calcium: 212.75mg (21.28%), Manganese: 0.4mg (20%), Iron: 3.15mg (17.49%), Fiber: 4.23g (16.91%), Potassium: 519.65mg (14.85%), Vitamin K: 14.7µg (14%), Zinc: 2.09mg (13.92%), Magnesium: 51.47mg (12.87%), Vitamin B12: 0.72µg (11.95%), Vitamin B5: 1.16mg (11.56%), Vitamin C: 8.43mg (10.21%), Copper: 0.18mg (8.89%), Vitamin A: 430.62IU (8.61%), Vitamin E: 0.94mg (6.3%), Vitamin D: 0.16µg (1.03%)