

Picadillo Soft Tacos



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup avocado diced peeled
- ☐ 2 teaspoons bottled garlic minced
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1 teaspoon chipotle sauce
- ☐ 8 6-inch corn tortillas ()
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cumin

- ☐ 12 ounces pd of ground turkey
- ☐ 0.5 cup onion frozen chopped
- ☐ 0.3 cup raisins
- ☐ 0.8 teaspoon salt
- ☐ 2 tablespoons slivered almonds toasted

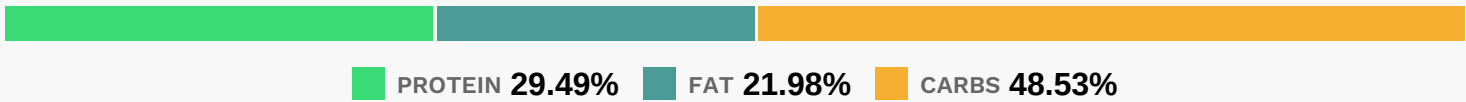
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add onion, garlic, and turkey; cook for 4 minutes or until turkey is done, stirring to crumble. Stir in raisins, chile powder, cumin, salt, cinnamon, and tomatoes; simmer 6 minutes or until thickened, stirring occasionally.
- ☐ Warm tortillas according to package directions. Spoon about 2/3 cup turkey mixture onto each tortilla; top each tortilla with 1 tablespoon avocado, 1 1/2 teaspoons almonds, and 1 1/2 teaspoons cilantro; fold in half.

Nutrition Facts



Properties

Glycemic Index:74.07, Glycemic Load:16.82, Inflammation Score:-7, Nutrition Score:21.80913046132%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg

Nutrients (% of daily need)

Calories: 345.28kcal (17.26%), Fat: 8.93g (13.73%), Saturated Fat: 1.33g (8.33%), Carbohydrates: 44.36g (14.79%),
Net Carbohydrates: 35.77g (13.01%), Sugar: 6.72g (7.47%), Cholesterol: 46.78mg (15.59%), Sodium: 645.58mg
(28.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.96g (53.92%), Vitamin B6: 1.13mg (56.33%),
Vitamin B3: 10.97mg (54.84%), Phosphorus: 442.12mg (44.21%), Fiber: 8.6g (34.38%), Selenium: 23.41µg (33.44%),
Manganese: 0.64mg (31.79%), Magnesium: 108.91mg (27.23%), Potassium: 900.91mg (25.74%), Copper: 0.45mg
(22.64%), Vitamin E: 3.19mg (21.26%), Iron: 3.59mg (19.93%), Zinc: 2.84mg (18.93%), Vitamin C: 14.18mg (17.18%),
Vitamin B2: 0.28mg (16.74%), Vitamin B1: 0.23mg (15.28%), Vitamin B5: 1.42mg (14.2%), Calcium: 113.29mg (11.33%),
Folate: 44.48µg (11.12%), Vitamin K: 10.19µg (9.71%), Vitamin B12: 0.43µg (7.23%), Vitamin A: 291.52IU (5.83%),
Vitamin D: 0.34µg (2.27%)