



Sloppy Joes in Soft Corn Tortillas

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound pd of ground turkey
- ☐ 1 can sloppy-joe sauce (such as Hunt's)
- ☐ 1 cup sharp cheddar shredded
- ☐ 4 corn tortillas white

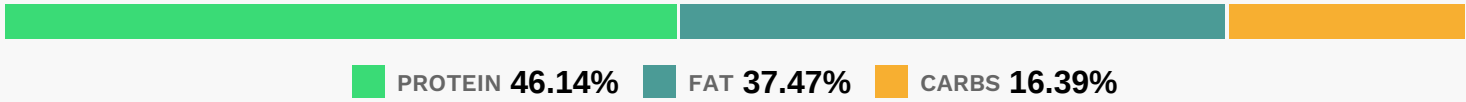
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 300F. Wrap all the tortillas tightly together in foil and place in oven for 5 minutes. In a medium skillet, brown the beef or turkey.
- ☐ Add the sloppy-joe sauce (or seasoning, tomato paste, and water, according to the label directions).
- ☐ Place 1 tortilla on each plate. Spoon the sloppy-joe mixture evenly onto each tortilla. Divide the Cheddar evenly among the tortillas and fold them over.
- ☐ Serve with a green salad.

Nutrition Facts



Properties

Glycemic Index:19.38, Glycemic Load:5.21, Inflammation Score:-4, Nutrition Score:15.947826204093%

Nutrients (% of daily need)

Calories: 299.25kcal (14.96%), Fat: 12.56g (19.32%), Saturated Fat: 6.09g (38.09%), Carbohydrates: 12.36g (4.12%), Net Carbohydrates: 10.72g (3.9%), Sugar: 0.38g (0.42%), Cholesterol: 90.62mg (30.21%), Sodium: 257.29mg (11.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.79g (69.59%), Vitamin B3: 11.41mg (57.07%), Vitamin B6: 1.05mg (52.41%), Selenium: 34.64µg (49.49%), Phosphorus: 468.44mg (46.84%), Zinc: 3.37mg (22.49%), Calcium: 224.19mg (22.42%), Vitamin B2: 0.26mg (15.33%), Magnesium: 59.23mg (14.81%), Vitamin B12: 0.88µg (14.63%), Potassium: 404.64mg (11.56%), Vitamin B5: 1.14mg (11.43%), Iron: 1.24mg (6.88%), Vitamin B1: 0.1mg (6.86%), Fiber: 1.64g (6.55%), Vitamin A: 311.93IU (6.24%), Copper: 0.12mg (5.76%), Manganese: 0.09mg (4.72%), Vitamin D: 0.62µg (4.15%), Folate: 16.3µg (4.08%), Vitamin E: 0.36mg (2.43%)