



Slow-Cooker Tex-Mex Turkey Wraps (Crowd Size)

READY IN



420 min.

SERVINGS



16

CALORIES



248 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 22 oz flour tortilla for burritos (16 tortillas;
- ☐ 2 cups lettuce
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon lawry's seasoned salt
- ☐ 8 oz cheddar cheese shredded
- ☐ 2 oz taco seasoning
- ☐ 2 lb turkey breast tenderloins

☐ 0.3 cup water

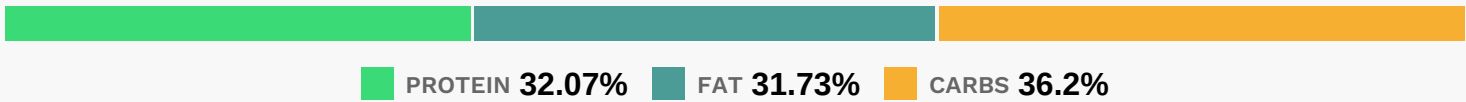
Equipment

☐ slow cooker

Directions

- ☐ Place turkey in 3 1/2- to 4-quart slow cooker.
- ☐ Sprinkle with seasoned salt and pepper.
- ☐ Add onion and water.
- ☐ Cover and cook on low heat setting 6 to 7 hours or until juice of turkey is no longer pink when centers of thickest pieces are cut.
- ☐ Remove turkey from slow cooker. Shred turkey, using 2 forks. Measure liquid from slow cooker; add enough water to liquid to measure 2 cups.
- ☐ Mix seasoning mixes (dry) and liquid mixture in slow cooker. Stir in shredded turkey.
- ☐ Cover and cook on low heat setting 1 hour.
- ☐ Spoon about 1/4 cup turkey onto center of each tortilla; top with lettuce and cheese.
- ☐ Roll up tortillas.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:6.33, Inflammation Score:-5, Nutrition Score:6.9952174684276%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 247.86kcal (12.39%), Fat: 8.71g (13.39%), Saturated Fat: 4.11g (25.71%), Carbohydrates: 22.35g (7.45%), Net Carbohydrates: 20.12g (7.32%), Sugar: 2.55g (2.83%), Cholesterol: 39.49mg (13.16%), Sodium: 741.16mg (32.22%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.8g (39.6%), Selenium: 12.74µg (18.2%), Calcium: 160.21mg (16.02%), Phosphorus: 148.52mg (14.85%), Vitamin B1: 0.21mg (13.75%), Folate: 43.18µg (10.8%), Manganese: 0.22mg (10.79%), Vitamin A: 519.92IU (10.4%), Vitamin B2: 0.18mg (10.36%), Iron: 1.73mg (9.6%), Fiber: 2.23g (8.93%), Vitamin B3: 1.75mg (8.74%), Vitamin K: 5.39µg (5.13%), Zinc: 0.75mg (5%), Magnesium: 13.64mg (3.41%), Vitamin C: 2.22mg (2.69%), Copper: 0.05mg (2.53%), Vitamin B12: 0.15µg (2.5%), Potassium: 80.05mg (2.29%), Vitamin B6: 0.04mg (2.13%), Vitamin B5: 0.14mg (1.37%)