



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

READY IN



420 min.

SERVINGS



16

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 lb turkey breast tenderloins
- 0.3 teaspoon lawry's seasoned salt
- 0.3 teaspoon pepper
- 0.5 cup onion chopped
- 0.3 cup water
- 1 oz taco seasoning
- 8.2 oz flour tortilla soft for tacos and fajitas (10 count)
- 2 cups lettuce

8 oz cheddar cheese shredded

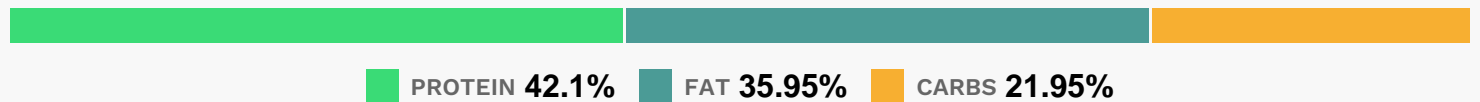
Equipment

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:2.52, Inflammation Score:-3, Nutrition Score:4.0521739513978%

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: 169.71kcal (8.49%), Fat: 6.75g (10.39%), Saturated Fat: 3.4g (21.25%), Carbohydrates: 9.27g (3.09%), Net Carbohydrates: 8.23g (2.99%), Sugar: 1.31g (1.45%), Cholesterol: 39.49mg (13.16%), Sodium: 418.24mg (18.18%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 17.79g (35.59%), Calcium: 124.51mg (12.45%), Selenium: 7.29µg (10.41%), Phosphorus: 98.15mg (9.81%), Vitamin A: 353.7IU (7.07%), Vitamin B2: 0.11mg (6.3%), Vitamin B1: 0.08mg (5.55%), Folate: 20.2µg (5.05%), Manganese: 0.09mg (4.75%), Fiber: 1.04g (4.17%), Zinc: 0.62mg (4.13%), Iron: 0.72mg (4%), Vitamin K: 3.63µg (3.45%), Vitamin B3: 0.67mg (3.33%), Vitamin B12: 0.15µg (2.5%), Magnesium: 8.26mg (2.06%), Vitamin C: 1.42mg (1.72%), Potassium: 49.49mg (1.41%), Vitamin B6: 0.03mg (1.41%), Copper: 0.03mg (1.26%)