



Slow-Cooker Turkey, Bacon and Avocado Wraps

 Dairy Free

READY IN



320 min.

SERVINGS



8

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon cut into 1/2-inch pieces
- ☐ 2 lb turkey breast tenderloins
- ☐ 0.8 cup barbecue sauce
- ☐ 6.3 oz taco seasoning
- ☐ 1 medium avocado pitted ripe peeled mashed
- ☐ 2 cups lettuce shredded
- ☐ 0.5 cup bell pepper red yellow drained (from 7-oz jar)

☐ 8.2 oz flour tortilla soft for tacos and fajitas (10 count

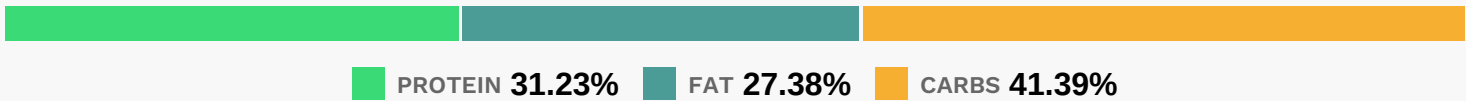
Equipment

- ☐ frying pan
- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ In 12-inch nonstick skillet, cook bacon over medium heat 4 to 6 minutes, stirring occasionally, until almost crisp.
- ☐ Add turkey slices to skillet; cook 4 to 6 minutes, stirring occasionally, until turkey is brown on all sides.
- ☐ Spray 3- to 4-quart slow cooker with cooking spray.
- ☐ Place turkey mixture in cooker. Top with barbecue sauce and taco seasoning mix; stir to mix well.
- ☐ Cover; cook on Low heat setting 5 to 6 hours.
- ☐ Remove turkey from cooker; place on cutting board. Use 2 forks to break up turkey; return turkey to cooker.
- ☐ Layer avocado, lettuce, turkey mixture and bell peppers on tortillas; roll up.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:4.82, Inflammation Score:-9, Nutrition Score:11.867391429518%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 389.27kcal (19.46%), Fat: 12.1g (18.62%), Saturated Fat: 3.36g (21.02%), Carbohydrates: 41.17g (13.72%), Net Carbohydrates: 33.76g (12.28%), Sugar: 14.66g (16.28%), Cholesterol: 57.88mg (19.29%), Sodium: 2429.44mg (105.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.07g (62.14%), Vitamin A: 2287.51IU (45.75%), Vitamin C: 30.23mg (36.65%), Fiber: 7.41g (29.62%), Iron: 3.02mg (16.79%), Vitamin B1: 0.21mg (13.97%), Folate: 55.84µg (13.96%), Selenium: 9.19µg (13.12%), Manganese: 0.25mg (12.38%), Vitamin B3: 2.43mg (12.15%), Vitamin K: 12.19µg (11.61%), Phosphorus: 99.96mg (10%), Vitamin B2: 0.15mg (8.55%), Potassium: 287.29mg (8.21%), Vitamin B6: 0.15mg (7.71%), Calcium: 59.1mg (5.91%), Copper: 0.12mg (5.82%), Vitamin E: 0.81mg (5.43%), Vitamin B5: 0.53mg (5.34%), Magnesium: 20.86mg (5.22%), Zinc: 0.53mg (3.55%)