



 **53%**  
HEALTH SCORE

## Slow-Cooker Turkey Mole Tacos

 **Gluten Free**  **Dairy Free**

READY IN



**495 min.**

SERVINGS



**6**

CALORIES



**439 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon ancho chile powder
- 15 ounce canned tomatoes diced drained canned
- 2 large carrots cut into 1/2-inch pieces
- 18 corn tortillas
- 0.3 cup cilantro leaves fresh plus more for topping roughly chopped
- 1 bell pepper green finely chopped
- 0.5 teaspoon ground cinnamon chinese
- 1.5 tablespoons soya sauce low-sodium

- 2 tablespoons peanut butter
- 4 scallions plus more for topping chopped
- 2.5 pounds turkey breast bone-in skinless
- 2 teaspoons cocoa powder unsweetened

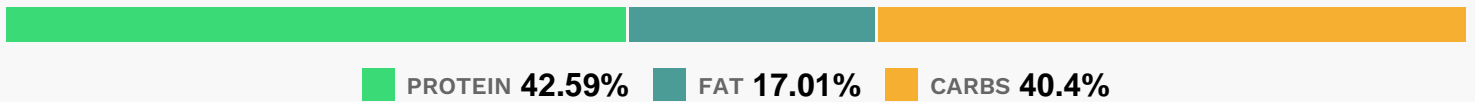
## Equipment

- frying pan
- microwave
- slow cooker

## Directions

- Combine the tomatoes, carrots, bell pepper, cilantro, scallions, peanut butter, soy sauce, chile powder, cocoa powder and Chinese five-spice powder in a 6-quart slow cooker and stir to combine.
- Add the turkey and turn to coat. Cover and cook on low, 8 hours.
- Remove the turkey and transfer to a large plate; shred the meat with 2 forks, discarding the bone. Return the shredded turkey to the slow cooker and stir to coat.
- Warm the tortillas in a dry skillet or in the microwave.
- Serve the turkey in the tortillas and top with more cilantro and scallions.
- Photograph by Justin Walker

## Nutrition Facts



## Properties

Glycemic Index:38.06, Glycemic Load:17.61, Inflammation Score:-10, Nutrition Score:35.42913021212%

## Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg,

Quercetin: 1.73mg

## Nutrients (% of daily need)

Calories: 439.18kcal (21.96%), Fat: 8.64g (13.3%), Saturated Fat: 1.55g (9.69%), Carbohydrates: 46.19g (15.4%), Net Carbohydrates: 37.73g (13.72%), Sugar: 6.39g (7.1%), Cholesterol: 102.06mg (34.02%), Sodium: 725.56mg (31.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.69g (97.37%), Vitamin B3: 22.09mg (110.46%), Vitamin A: 4795.13IU (95.9%), Vitamin B6: 1.88mg (94.2%), Phosphorus: 760.55mg (76.06%), Selenium: 48.73µg (69.61%), Magnesium: 139.74mg (34.94%), Fiber: 8.46g (33.83%), Manganese: 0.63mg (31.55%), Vitamin C: 25.58mg (31.01%), Potassium: 1023.12mg (29.23%), Vitamin K: 28.5µg (27.15%), Zinc: 4.04mg (26.92%), Vitamin B2: 0.42mg (24.81%), Copper: 0.43mg (21.55%), Iron: 3.61mg (20.05%), Vitamin B12: 1.19µg (19.84%), Vitamin B5: 1.92mg (19.24%), Vitamin E: 2.53mg (16.83%), Vitamin B1: 0.23mg (15.56%), Calcium: 140.16mg (14.02%), Folate: 45.26µg (11.31%), Vitamin D: 0.19µg (1.26%)