



Slow-Cooker Turkey Tacos

 Gluten Free

READY IN



445 min.

SERVINGS



12

CALORIES



216 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz chili beans sauce undrained canned
- 0.5 cup onion chopped
- 1.5 lb turkey thighs skinless
- 1 oz taco seasoning
- 0.5 cup salsa thick
- 4.6 oz taco shells (12 Count)
- 1 cup lettuce shredded
- 1 cup tomatoes chopped

1 cup cheese shredded

Equipment

slow cooker

cutting board

Directions

In 3- to 4-quart slow cooker, mix chili beans and onion. Top with turkey.

Sprinkle taco seasoning over turkey; spoon salsa over top.

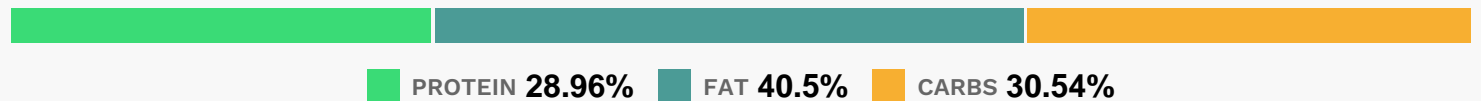
Cover; cook on Low heat setting 7 to 9 hours.

Place turkey on cutting board.

Remove meat from bones; discard bones. Using 2 forks, pull turkey into shreds. Stir turkey into bean mixture in cooker.

Heat taco shells as directed on package. Spoon turkey mixture into taco shells. Top with lettuce, tomato and cheese.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:4.55, Inflammation Score:-5, Nutrition Score:11.73434779955%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 216.44kcal (10.82%), Fat: 9.69g (14.91%), Saturated Fat: 3.59g (22.44%), Carbohydrates: 16.44g (5.48%), Net Carbohydrates: 13.25g (4.82%), Sugar: 3.7g (4.11%), Cholesterol: 42.53mg (14.18%), Sodium: 861.58mg (37.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.59g (31.18%), Vitamin B12: 2.48µg (41.41%), Selenium: 25.39µg (36.26%), Zinc: 3.54mg (23.63%), Phosphorus: 219.47mg (21.95%), Vitamin B2: 0.27mg (15.73%), Vitamin B6:

0.27mg (13.71%), Fiber: 3.19g (12.76%), Potassium: 403.88mg (11.54%), Iron: 2.01mg (11.14%), Magnesium: 40.55mg (10.14%), Vitamin B3: 1.91mg (9.56%), Vitamin A: 476.5IU (9.53%), Copper: 0.18mg (8.89%), Calcium: 80.41mg (8.04%), Vitamin B1: 0.11mg (7.4%), Folate: 23.23µg (5.81%), Manganese: 0.11mg (5.36%), Vitamin C: 4.23mg (5.13%), Vitamin B5: 0.51mg (5.13%), Vitamin K: 4.2µg (4%), Vitamin E: 0.38mg (2.52%)