



Slow-Cooker Turkey Tacos

 Gluten Free

READY IN



365 min.

SERVINGS



4

CALORIES



1062 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small avocado pitted ripe peeled chopped
- ☐ 10 oz enchilada sauce canned
- ☐ 2 onions coarsely chopped
- ☐ 1 cup pepper jack shredded
- ☐ 3 cups romaine lettuce shredded
- ☐ 1 cup tomato salsa
- ☐ 1 teaspoon salt
- ☐ 8 taco shells hard

☐ 6 lb turkey breast bone-in fat removed

Equipment

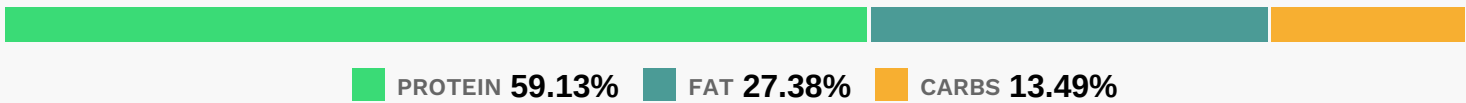
☐ kitchen thermometer

☐ slow cooker

Directions

- ☐ Place onions in slow cooker.
- ☐ Sprinkle turkey with salt and place in slow cooker, meat side up. Cover and cook on low until internal temperature of turkey registers 165F on an instant-read thermometer, 4 to 6 hours.
- ☐ Remove turkey meat from bone, shred it, then toss with enchilada sauce.
- ☐ Place 1/4 cup turkey inside each taco shell and top with lettuce, avocado, salsa and shredded cheese.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:10.82, Inflammation Score:-10, Nutrition Score:52.443043128304%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.94mg, Quercetin: 11.94mg, Quercetin: 11.94mg, Quercetin: 11.94mg

Nutrients (% of daily need)

Calories: 1062.4kcal (53.12%), Fat: 32.76g (50.4%), Saturated Fat: 10.19g (63.67%), Carbohydrates: 36.3g (12.1%), Net Carbohydrates: 27.28g (9.92%), Sugar: 11.13g (12.36%), Cholesterol: 392.55mg (130.85%), Sodium: 3279.64mg (142.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 159.18g (318.36%), Vitamin B3: 69.77mg (348.87%), Vitamin B6: 5.68mg (283.98%), Selenium: 160.9µg (229.86%), Phosphorus: 1860.52mg (186.05%), Vitamin A: 4286.87IU (85.74%), Vitamin B12: 4.52µg (75.35%), Vitamin B2: 1.24mg (72.97%), Zinc: 10.71mg (71.38%), Potassium:

2303.76mg (65.82%), Vitamin B5: 6.28mg (62.79%), Magnesium: 232.42mg (58.1%), Vitamin K: 52.4µg (49.91%), Folate: 170.96µg (42.74%), Calcium: 378.87mg (37.89%), Fiber: 9.02g (36.1%), Iron: 5.71mg (31.71%), Copper: 0.57mg (28.33%), Vitamin B1: 0.39mg (25.85%), Manganese: 0.46mg (22.97%), Vitamin E: 2.54mg (16.92%), Vitamin C: 13.16mg (15.95%), Vitamin D: 0.85µg (5.67%)