



## Spicy Turkey Soft Tacos

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

READY IN



45 min.

SERVINGS



4

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup avocado diced peeled
- 0.3 teaspoon pepper black
- 7 ounce chipotle chiles in adobo sauce canned
- 2 tablespoons cider vinegar
- 8 6-inch corn tortillas ( )
- 0.3 cup less-sodium chicken broth fat-free
- 2 garlic cloves peeled
- 0.3 teaspoon ground cinnamon

- 0.5 teaspoon ground cumin
- 0.5 teaspoon ground pepper red
- 4 lime wedges
- 0.5 medium onion peeled quartered
- 0.3 cup orange juice
- 0.5 teaspoon oregano dried
- 0.5 cup bottled salsa
- 0.3 teaspoon salt
- 2 cups turkey shredded cooked
- 1 teaspoon vegetable oil

## Equipment

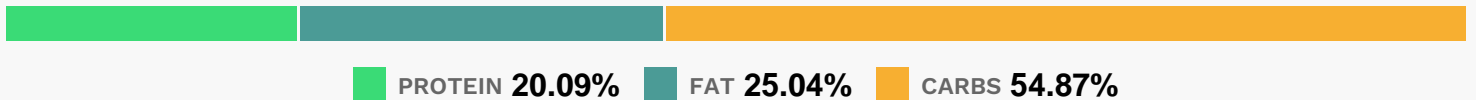
- bowl
- frying pan
- oven
- blender
- baking pan
- colander

## Directions

- Preheat oven to 400
- To prepare the mole, drain chipotles in a colander over a bowl, reserving 1/2 teaspoon adobo sauce.
- Remove 1 chile; chop to measure 1 1/2 teaspoons. Reserve remaining adobo sauce and chiles for another use.
- Place the onion and garlic in a small, shallow baking dish; bake at 400 for 15 minutes.
- While onion and garlic roast, combine reserved adobo sauce, chile, broth, and next 8 ingredients (broth through black pepper) in a blender; add onion and garlic. Process until smooth.

- To prepare the remaining ingredients, heat oil in a large nonstick skillet over medium-high heat.
- Add turkey; saut 12 minutes or until browned.
- Add mole; cook 4 minutes or until liquid is absorbed, stirring occasionally.
- Heat tortillas according to package directions. Spoon 1/4 cup turkey mixture onto each tortilla, and roll up. Top each serving with 2 tablespoons avocado and 2 tablespoons salsa.
- Serve with lime wedges.

## Nutrition Facts



### Properties

Glycemic Index:87.63, Glycemic Load:12.23, Inflammation Score:-7, Nutrition Score:15.15608695279%

### Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 10.21mg, Hesperetin: 10.21mg, Hesperetin: 10.21mg, Hesperetin: 10.21mg Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

### Nutrients (% of daily need)

Calories: 293.67kcal (14.68%), Fat: 8.47g (13.04%), Saturated Fat: 1.57g (9.83%), Carbohydrates: 41.77g (13.92%), Net Carbohydrates: 30.59g (11.12%), Sugar: 7.9g (8.78%), Cholesterol: 35.78mg (11.93%), Sodium: 519.13mg (22.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.3g (30.59%), Fiber: 11.19g (44.75%), Phosphorus: 292.73mg (29.27%), Vitamin B6: 0.58mg (29.06%), Vitamin B3: 5.56mg (27.81%), Vitamin C: 19.77mg (23.96%), Selenium: 14.98µg (21.4%), Manganese: 0.37mg (18.53%), Magnesium: 68.11mg (17.03%), Iron: 3.04mg (16.91%), Potassium: 494.65mg (14.13%), Zinc: 1.86mg (12.38%), Vitamin B2: 0.18mg (10.85%), Copper: 0.22mg (10.84%), Vitamin B12: 0.64µg (10.74%), Vitamin B5: 0.92mg (9.17%), Vitamin K: 9.59µg (9.14%), Vitamin B1: 0.13mg (8.95%), Folate: 33.96µg (8.49%), Vitamin E: 1.25mg (8.34%), Calcium: 82.9mg (8.29%), Vitamin A: 377.98IU (7.56%)