



Taco Pockets

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

947 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings black bean blue organic assorted
- ☐ 15 ounce canned tomatoes chunky-style crushed canned
- ☐ 1 tablespoon chili powder dark a palmful
- ☐ 1 teaspoon coarse salt
- ☐ 4 12-inch flour tortillas soft diameter
- ☐ 2 cloves garlic chopped
- ☐ 2 cloves garlic minced
- ☐ 1 medium bell pepper green seeded finely chopped
- ☐ 1 tablespoon ground cumin a palmful

- ☐ 1 teaspoon ground cumin
- ☐ 1.3 pounds ground turkey breast
- ☐ 1 cup mild taco sauce
- ☐ 2 cups monterey jack shredded
- ☐ 1 tablespoon olive oil extra-virgin 1 turn around the pan
- ☐ 1 medium onion finely chopped
- ☐ 1 small onion finely chopped
- ☐ 1 teaspoon cayenne pepper sauce
- ☐ 2 small plum tomatoes seeded chopped
- ☐ 1 heart of romaine lettuce shredded
- ☐ 4 servings salt and pepper
- ☐ 1 pieces seasonal vegetable and strips fresh cut
- ☐ 1 tablespoon vegetable oil 1 turn around the pan

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

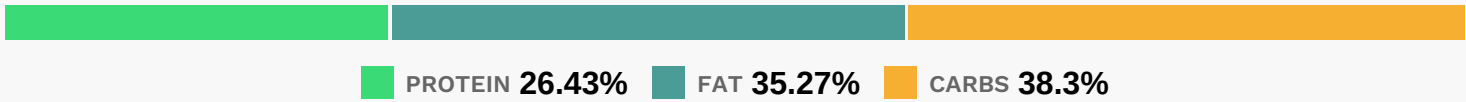
Directions

- ☐ Watch how to make this recipe.
- ☐ Combine ground meat with onion, garlic, spices, and salt and form 4 patties. Pan fry patties in 1 tablespoon oil over medium high heat for 7 minutes on each side.
- ☐ To make a taco pocket, blister a flour tortilla on a hot griddle pan for 30 seconds on each side.
- ☐ Place tortilla on dinner plate and spread surface with 1 /4 cup mild taco sauce. Pile shredded lettuce, tomatoes and a handful of cheese in center of tortilla. Top veggies and cheese with cooked taco burger patty and wrap tortilla up and over patty on all four sides. Turn square pouch over and cut from corner to corner, making 2 taco pockets that will not crumble and

drip like traditional tacos.

- ☐
- Serve taco pockets with cut fresh seasonal veggies, assorted tortilla chips and mild salsa for dipping.
- ☐
- Heat a small saucepan over moderate heat and add oil, onions, peppers, and garlic. Season vegetables with cumin, salt, and pepper and cook for 5 minutes, until vegetables are just tender.
- ☐
- Remove the pan from heat and add canned tomatoes. Stir salsa to combine and transfer to a small serving bowl.
- ☐
- Serve salsa at room temperature or chilled with veggies and assorted corn tortillas for dipping.

Nutrition Facts



Properties

Glycemic Index:87, Glycemic Load:21.78, Inflammation Score:-10, Nutrition Score:46.941739248193%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 10.18mg, Quercetin: 10.18mg, Quercetin: 10.18mg, Quercetin: 10.18mg

Nutrients (% of daily need)

Calories: 947.47kcal (47.37%), Fat: 37.47g (57.65%), Saturated Fat: 16.05g (100.3%), Carbohydrates: 91.57g (30.52%), Net Carbohydrates: 82.6g (30.04%), Sugar: 26.76g (29.73%), Cholesterol: 133.44mg (44.48%), Sodium: 2922.24mg (127.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 63.18g (126.37%), Vitamin B3: 21.86mg (109.3%), Selenium: 68.9µg (98.44%), Phosphorus: 913.66mg (91.37%), Vitamin B6: 1.82mg (90.9%), Calcium: 679.31mg (67.93%), Vitamin B1: 0.83mg (55.67%), Manganese: 1.08mg (53.85%), Vitamin C: 43.07mg (52.2%), Iron: 9.25mg (51.4%), Vitamin A: 2519.17IU (50.38%), Vitamin B2: 0.82mg (48.26%), Folate: 170.39µg (42.6%), Zinc: 5.66mg (37.76%), Vitamin K: 38.29µg (36.47%), Fiber: 8.97g (35.89%), Potassium: 1251.9mg (35.77%), Magnesium: 129.2mg (32.3%), Copper: 0.53mg (26.34%), Vitamin E: 3.64mg (24.27%), Vitamin B5: 2.09mg (20.9%), Vitamin B12: 1.24µg (20.67%), Vitamin D: 0.94µg (6.29%)