



## Teriyaki Turkey Burritos

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon five spice powder chinese
- 16 ounces broccoli slaw
- 1 tablespoon canola oil
- 4 garlic clove minced
- 0.3 teaspoon garlic powder
- 1 pound pd of ground turkey lean
- 6 ounces reduced fat mexican blend cheese shredded reduced-fat
- 0.5 cup onion chopped

- 0.3 teaspoon pepper
- 0.3 cup teriyaki sauce reduced-sodium

## Equipment

- bowl
- frying pan
- oven
- baking pan
- aluminum foil

## Directions

- Wrap tortillas tightly in foil. Warm in oven at 350° for 10 minutes. Meanwhile, in a large skillet, cook the turkey, onion and garlic over medium heat until turkey is no longer pink; drain.
- Pour into a bowl and set aside.
- In the same skillet, stir-fry broccoli in oil for 2 minutes.
- Add the teriyaki sauce, five-spice powder, garlic powder and pepper; cook and stir for 1 minute. Stir in cheese and turkey mixture; heat through.
- Spoon about 1/2 cup filling off center on each tortilla. Fold sides and ends over fill and roll up.
- Place seam side down in an ungreased 13-in. x 9-in. baking dish.
- Cover and bake at 350° for 20 minutes or until heated through.

## Nutrition Facts

**PROTEIN 47.5%** **FAT 36.36%** **CARBS 16.14%**

## Properties

Glycemic Index:16.5, Glycemic Load:0.48, Inflammation Score:-7, Nutrition Score:19.600434863049%

## Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg 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: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

## Nutrients (% of daily need)

Calories: 230.71kcal (11.54%), Fat: 9.66g (14.85%), Saturated Fat: 3.88g (24.25%), Carbohydrates: 9.64g (3.21%), Net Carbohydrates: 9.28g (3.37%), Sugar: 3g (3.34%), Cholesterol: 59.16mg (19.72%), Sodium: 892.78mg (38.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.38g (56.77%), Vitamin C: 72.14mg (87.44%), Vitamin B6: 0.85mg (42.66%), Phosphorus: 420.46mg (42.05%), Vitamin B3: 8.08mg (40.42%), Calcium: 377.88mg (37.79%), Selenium: 23.95µg (34.21%), Zinc: 2.94mg (19.57%), Folate: 69.37µg (17.34%), Potassium: 565.97mg (16.17%), Vitamin B2: 0.27mg (16.04%), Magnesium: 63.14mg (15.79%), Vitamin B12: 0.86µg (14.27%), Manganese: 0.25mg (12.39%), Vitamin B5: 1.13mg (11.35%), Vitamin A: 489.36IU (9.79%), Iron: 1.76mg (9.76%), Vitamin B1: 0.12mg (8.08%), Copper: 0.12mg (5.79%), Vitamin E: 0.52mg (3.44%), Vitamin D: 0.42µg (2.77%), Vitamin K: 2.34µg (2.23%), Fiber: 0.37g (1.46%)