



Turkey and Spinach Taquitos

 **Gluten Free**

READY IN

ready

70 min.

SERVINGS

servings

8

CALORIES

calories

611 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby spinach leaves packed chopped
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 can black beans rinsed drained
- ☐ 6 2-inch regular corn tortillas
- ☐ 4 ounces extra sharp cheddar shredded white
- ☐ 1 tablespoon ground cumin
- ☐ 1 pound pd of ground turkey
- ☐ 1 tablespoon kosher salt

- ☐ 8 ounces mascarpone cheese at room temperature
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 large onion minced
- ☐ 8 servings serving suggestion: salsa

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Place an oven rack in the center of the oven and preheat to 400 degrees F. Spray a heavy nonstick baking sheet with vegetable oil cooking spray.
- ☐ Heat the oil over medium-high heat in a 12-inch skillet. Cook the onions, salt and pepper, stirring frequently, until soft, about 6 minutes.
- ☐ Add the turkey and cumin. Cook until the turkey is cooked through, about 5 minutes.
- ☐ Add the spinach and cook until wilted, about 2 minutes.
- ☐ Remove the skillet from the heat and add the beans. Mash the beans until smooth, using a fork. Stir in the mascarpone.
- ☐ Place a nonstick skillet over medium-high heat.
- ☐ Brush each side of the tortillas with olive oil. Cook the tortillas in batches until warm, about 30 seconds. Spoon about 1/4 cup of the filling into each tortilla and roll up into a cigar shape.
- ☐ Place the tortillas, seam-side-down, on the baking sheet and sprinkle with Cheddar.
- ☐ Bake until the Cheddar is melted and the tortillas are crisp and golden, 25 to 30 minutes. Cool for 5 minutes and serve with salsa and guacamole.

Nutrition Facts



 **PROTEIN 17.83%**  **FAT 48.5%**  **CARBS 33.67%**

Properties

Glycemic Index:21.69, Glycemic Load:17.07, Inflammation Score:-8, Nutrition Score:22.852608639261%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 611.2kcal (30.56%), Fat: 33.55g (51.62%), Saturated Fat: 13.05g (81.57%), Carbohydrates: 52.4g (17.47%), Net Carbohydrates: 42.19g (15.34%), Sugar: 2.86g (3.18%), Cholesterol: 73.71mg (24.57%), Sodium: 1469.85mg (63.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.75g (55.5%), Phosphorus: 542.67mg (54.27%), Vitamin K: 45.35µg (43.19%), Fiber: 10.21g (40.83%), Vitamin B6: 0.81mg (40.45%), Vitamin B3: 7.59mg (37.97%), Selenium: 22.95µg (32.78%), Magnesium: 115.9mg (28.97%), Manganese: 0.57mg (28.51%), Vitamin A: 1424.05IU (28.48%), Calcium: 258.07mg (25.81%), Zinc: 3.1mg (20.66%), Iron: 3.48mg (19.31%), Potassium: 667.16mg (19.06%), Vitamin E: 2.69mg (17.9%), Vitamin B2: 0.27mg (16.08%), Folate: 63.67µg (15.92%), Copper: 0.32mg (15.86%), Vitamin B1: 0.22mg (14.96%), Vitamin B5: 0.84mg (8.42%), Vitamin B12: 0.44µg (7.32%), Vitamin C: 5.6mg (6.78%), Vitamin D: 0.31µg (2.08%)