



Turkey Burrito

READY IN



75 min.

SERVINGS



10

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon parsley dried
- 10 10-inch flour tortillas ()
- 1 cup gravy leftover
- 3 tablespoons pickled jalapeno pepper juice
- 3 pickled jalapeño peppers sliced
- 1 large onion chopped
- 1 cup potatoes mashed
- 10 servings salt and pepper to taste
- 0.3 cup self-rising flour

- 8 ounce cheddar cheese shredded
- 1 cup pepperidge farm sage and onion stuffing stuffing prepared
- 3 cups turkey cooked cut into bite-size pieces
- 2 quarts turkey broth

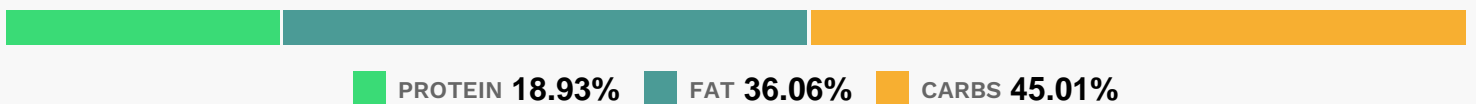
Equipment

- frying pan
- pot

Directions

- In a large pot, combine turkey, stuffing, mashed potatoes, gravy, broth, and onion. Bring to a boil, and cook until onion is soft. Thicken with flour if needed.
- Warm tortillas in a dry frying pan over medium heat. Spoon turkey mixture onto a warm tortilla, sprinkle with cheese, and roll into a burrito. Repeat with remaining ingredients.
- Spread more cheese on top and add another spoonful of the turkey mixture over the cheese.
- Garnish with jalapeno slices, sprinkle with jalapeno juice, and season with salt, pepper, and parsley.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:30.27, Glycemic Load:15.64, Inflammation Score:-6, Nutrition Score:18.619565155195%

Flavonoids

Apigenin: 9.01mg, Apigenin: 9.01mg, Apigenin: 9.01mg, Apigenin: 9.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.41mg, Isorhamnetin: 1.41mg, Isorhamnetin: 1.41mg, Isorhamnetin: 1.41mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg

Nutrients (% of daily need)

Calories: 442.01kcal (22.1%), Fat: 17.63g (27.12%), Saturated Fat: 7.44g (46.47%), Carbohydrates: 49.51g (16.5%), Net Carbohydrates: 45.39g (16.51%), Sugar: 5.51g (6.12%), Cholesterol: 49.82mg (16.61%), Sodium: 1799.88mg (78.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.82g (41.65%), Selenium: 40.54µg (57.91%), Phosphorus: 341.1mg (34.11%), Vitamin B3: 6.49mg (32.46%), Vitamin B1: 0.47mg (31.33%), Vitamin B2: 0.51mg (29.95%), Calcium: 289.68mg (28.97%), Manganese: 0.58mg (28.86%), Folate: 90.4µg (22.6%), Iron: 3.48mg (19.31%), Vitamin C: 15.82mg (19.17%), Vitamin B6: 0.36mg (18.15%), Fiber: 4.12g (16.48%), Zinc: 2.06mg (13.73%), Vitamin K: 13.12µg (12.5%), Vitamin B12: 0.64µg (10.73%), Magnesium: 42.49mg (10.62%), Potassium: 361.05mg (10.32%), Copper: 0.19mg (9.3%), Vitamin A: 408.78IU (8.18%), Vitamin B5: 0.61mg (6.07%), Vitamin E: 0.9mg (6%), Vitamin D: 0.23µg (1.5%)