



Turkey Burritos with Salsa and Cilantro

READY IN



40 min.

SERVINGS



6

CALORIES



429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 burrito-size flour tortillas
- ☐ 0.8 cup purchased fire-roasted salsa fresh
- ☐ 0.8 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon ground cumin
- ☐ 3 tablespoons olive oil
- ☐ 2 onions red sliced
- ☐ 2 cups mexican 4-cheese blend grated
- ☐ 4 cups turkey meat diced leftover cooked
- ☐ 2 bell peppers red yellow seeded sliced (preferably 1 and 1)

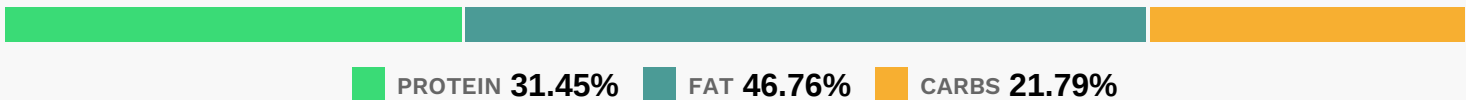
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 300°F.
- ☐ Heat oil in large nonstick skillet over medium-high heat.
- ☐ Add onions and bell peppers; sauté until tender and golden, about 15 minutes.
- ☐ Add turkey, salsa, and cumin; stir until heated through, about 5 minutes. Stir in cheese and cilantro; season generously with salt and pepper.
- ☐ Remove from heat; cover to keep warm.
- ☐ Working with 1 tortilla at a time, heat tortilla directly over medium-high gas flame (or in dry skillet over medium-high heat) until warm, softened, and browned in spots, about 30 seconds per side.
- ☐ Place tortilla on work surface. Spoon 1 cup warm turkey mixture along center of tortilla; fold sides in over filling, then roll up tortilla to enclose filling.
- ☐ Place burrito seam side down on baking sheet, and place in oven to keep warm. Repeat with remaining tortillas and filling.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:5.96, Inflammation Score:-9, Nutrition Score:23.54304352014%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.59mg, Quercetin: 8.59mg,

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Nutrients (% of daily need)

Calories: 428.53kcal (21.43%), Fat: 22.23g (34.2%), Saturated Fat: 8.67g (54.2%), Carbohydrates: 23.3g (7.77%), Net Carbohydrates: 20.39g (7.41%), Sugar: 5.65g (6.28%), Cholesterol: 98mg (32.67%), Sodium: 613.39mg (26.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.63g (67.26%), Vitamin C: 54.69mg (66.29%), Selenium: 33.68µg (48.11%), Vitamin B3: 9.43mg (47.14%), Phosphorus: 429.55mg (42.96%), Vitamin B6: 0.82mg (40.79%), Vitamin A: 1794.38IU (35.89%), Calcium: 331.77mg (33.18%), Vitamin B12: 1.62µg (26.94%), Vitamin B2: 0.43mg (25.45%), Zinc: 3.22mg (21.46%), Iron: 3.27mg (18.18%), Vitamin B1: 0.25mg (16.8%), Folate: 66.14µg (16.53%), Manganese: 0.3mg (15.06%), Vitamin K: 15.65µg (14.91%), Magnesium: 53.74mg (13.44%), Potassium: 454.17mg (12.98%), Vitamin E: 1.9mg (12.68%), Fiber: 2.92g (11.67%), Vitamin B5: 1.11mg (11.12%), Copper: 0.15mg (7.42%), Vitamin D: 0.37µg (2.49%)