



## Turkey-Mole Tacos

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



20 min.

SERVINGS



6

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 cups chicken broth reduced-sodium (from 32-oz carton)
- 3 cups rotisserie chicken cut shredded leftover
- 7.4 oz taco shells hard soft (12 Count)
- 2 tablespoons sesame seed
- 0.3 cup frangelico

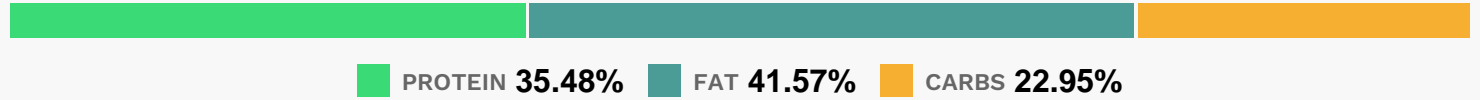
### Equipment

- frying pan

## Directions

- In 10-inch skillet, heat mole and chicken broth over medium heat, breaking up mole paste with spoon. Stir in turkey. Simmer 5 minutes, stirring occasionally.
- Spoon filling in taco shells and tortillas. Top with sesame seed.
- Roll up tortillas.

## Nutrition Facts



## Properties

Glycemic Index:17.17, Glycemic Load:13.61, Inflammation Score:-1, Nutrition Score:4.9756521661158%

## Nutrients (% of daily need)

Calories: 408.81kcal (20.44%), Fat: 18.97g (29.18%), Saturated Fat: 5.34g (33.38%), Carbohydrates: 23.56g (7.85%), Net Carbohydrates: 20.9g (7.6%), Sugar: 0.63g (0.7%), Cholesterol: 113.56mg (37.85%), Sodium: 541.76mg (23.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.42g (72.85%), Manganese: 0.26mg (13.24%), Phosphorus: 115.94mg (11.59%), Fiber: 2.66g (10.63%), Magnesium: 38.97mg (9.74%), Copper: 0.18mg (8.92%), Vitamin B3: 1.58mg (7.91%), Folate: 26.71µg (6.68%), Vitamin B1: 0.1mg (6.44%), Calcium: 63.32mg (6.33%), Iron: 1.09mg (6.03%), Zinc: 0.83mg (5.52%), Vitamin B6: 0.1mg (4.9%), Potassium: 143.99mg (4.11%), Selenium: 2.6µg (3.71%), Vitamin B2: 0.05mg (3.07%), Vitamin K: 3.01µg (2.86%), Vitamin E: 0.25mg (1.65%)