



Turkey Mole Tacos



Gluten Free



Dairy Free



Very Healthy

READY IN



63 min.

SERVINGS



6

CALORIES



4343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 1 teaspoon canola oil
- ☐ 1.5 teaspoons chipotle chile powder
- ☐ 1 tablespoon chili powder
- ☐ 100 2-inch corn tortillas divided
- ☐ 3 cups less-sodium chicken broth fat-free
- ☐ 3 garlic cloves minced
- ☐ 1 ounce ground almonds toasted

- ☐ 1 tablespoon ground cumin
- ☐ 0.8 cup onion chopped (1 medium)
- ☐ 0.5 teaspoon salt
- ☐ 8 ounce no salt-added tomato sauce canned
- ☐ 1.5 pounds turkey tenderloins cut into 1/2-inch slices
- ☐ 2 tablespoons cocoa unsweetened
- ☐ 1 tablespoon citrus champagne vinegar

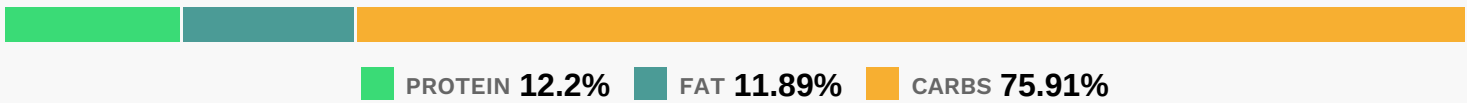
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium heat.
- ☐ Add onion and garlic; saut 5 minutes.
- ☐ Add cumin, chili powder, and chipotle chile powder; saut 1 to 2 minutes (mixture will adhere to pan). Tear 2 tortillas into small pieces; add to pan. Saut 1 minute.
- ☐ Add cocoa and next 5 ingredients. Bring to a boil; reduce heat, and simmer, uncovered, 15 minutes.
- ☐ Remove from heat, and allow to cool slightly.
- ☐ Place mixture in a food processor; process until well blended. Return mixture to pan; add turkey. Cook over medium heat 20 minutes or until turkey is done; stir in vinegar.
- ☐ Warm remaining tortillas according to package directions. Spoon about 1/4 cup turkey mixture on one half of each tortilla; fold in half.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:368.71, Inflammation Score:-10, Nutrition Score:65.005217344865%

Flavonoids

Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

Nutrients (% of daily need)

Calories: 4343.37kcal (217.17%), Fat: 59.69g (91.83%), Saturated Fat: 9.55g (59.66%), Carbohydrates: 857.83g (285.94%), Net Carbohydrates: 735.16g (267.33%), Sugar: 21.86g (24.29%), Cholesterol: 50.62mg (16.87%), Sodium: 1794.88mg (78.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.83mg (1.28%), Protein: 137.81g (275.63%), Phosphorus: 6018.29mg (601.83%), Fiber: 122.68g (490.71%), Magnesium: 1391.43mg (347.86%), Manganese: 6.42mg (321.03%), Vitamin B6: 4.29mg (214.58%), Selenium: 119.52µg (170.75%), Zinc: 25.27mg (168.45%), Calcium: 1583.84mg (158.38%), Copper: 3.09mg (154.49%), Vitamin B3: 29.78mg (148.9%), Iron: 25.29mg (140.51%), Vitamin B1: 1.83mg (121.74%), Potassium: 3788.42mg (108.24%), Vitamin B2: 1.31mg (77.07%), Vitamin E: 6.53mg (43.53%), Folate: 104.41µg (26.1%), Vitamin B5: 2.38mg (23.76%), Vitamin A: 610.24IU (12.2%), Vitamin C: 4.69mg (5.69%), Vitamin B12: 0.23µg (3.78%), Vitamin K: 3.14µg (2.99%)