

Turkey Pita Tacos

READY IN



30 min.

SERVINGS



5

CALORIES



203 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon canola oil
- 1 teaspoon chili powder
- 1 garlic clove minced
- 1 medium bell pepper green chopped
- 3 spring onion thinly sliced
- 1 teaspoon ground cumin
- 2.3 ounces olives ripe drained sliced canned
- 0.3 teaspoon pepper
- 5 6-inch wholewheat pita breads halved (es)

- 1 medium bell pepper sweet red chopped
- 1 tablespoon red wine vinegar
- 1 cup salsa
- 0.3 teaspoon salt
- 4 ounces cheddar cheese shredded
- 1 small tomatoes chopped
- 1 cup turkey cubed cooked

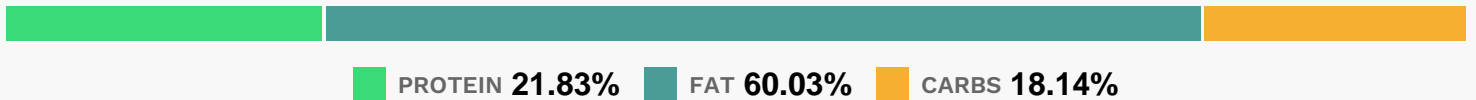
Equipment

- bowl
- frying pan

Directions

- In a small bowl, combine the first six ingredients; set aside. In a large bowl, combine the turkey, peppers, tomato, salsa, onions, olives and garlic. Stir the oil mixture; pour over the turkey mixture and mix well. Stir in cheese. On a lightly greased griddle, heat pita breads on both sides. Spoon about 1/2 cup turkey mixture into each half.

Nutrition Facts



Properties

Glycemic Index:60.6, Glycemic Load:1.41, Inflammation Score:-8, Nutrition Score:14.399999939877%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg 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: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 202.51kcal (10.13%), Fat: 14.01g (21.55%), Saturated Fat: 5.18g (32.35%), Carbohydrates: 9.53g (3.18%), Net Carbohydrates: 6.62g (2.41%), Sugar: 4.4g (4.89%), Cholesterol: 36.99mg (12.33%), Sodium: 843.68mg (36.68%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.46g (22.93%), Vitamin C: 54.67mg (66.27%), Vitamin A: 1719.03IU (34.38%), Vitamin K: 24.79µg (23.61%), Calcium: 202.46mg (20.25%), Vitamin B6: 0.39mg (19.5%), Phosphorus: 180.87mg (18.09%), Vitamin E: 2.57mg (17.12%), Selenium: 11.5µg (16.42%), Vitamin B3: 2.73mg (13.63%), Fiber: 2.91g (11.63%), Vitamin B2: 0.2mg (11.61%), Potassium: 377.47mg (10.78%), Manganese: 0.2mg (10.04%), Zinc: 1.5mg (9.99%), Vitamin B12: 0.48µg (8.05%), Magnesium: 31.74mg (7.93%), Folate: 29.71µg (7.43%), Iron: 1.21mg (6.72%), Copper: 0.12mg (6.05%), Vitamin B1: 0.08mg (5.44%), Vitamin B5: 0.5mg (4.96%), Vitamin D: 0.2µg (1.3%)