



Turkey Soft Tacos

READY IN



20 min.

SERVINGS



4

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup chicken broth
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup bell pepper diced green red
- ☐ 0.5 cup corn whole frozen (from 1-lb bag)
- ☐ 0.5 lb pd of ground turkey
- ☐ 4 cloves garlic finely chopped
- ☐ 0.5 cup salsa
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 8 10-inch flour tortilla warmed

☐ 1 serving cream sour

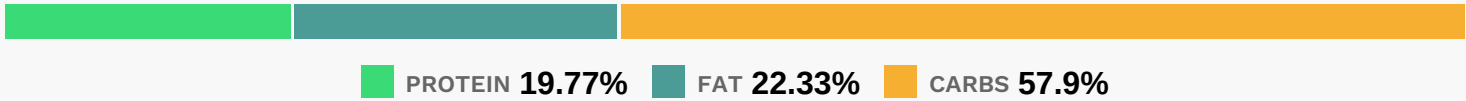
Equipment

☐ frying pan

Directions

- ☐ In 10-inch nonstick skillet, heat broth to boiling over high heat. Cook onion, bell pepper and corn in broth 2 to 3 minutes, stirring occasionally, until vegetables are crisp-tender. Reduce heat to medium-high.
- ☐ Stir in turkey and garlic. Cook 2 minutes, stirring occasionally. Stir in salsa. Cook about 5 minutes, stirring occasionally, until turkey is no longer pink. Stir in cilantro.
- ☐ Spoon slightly less than 1/2 cup turkey mixture down center of each tortilla; roll up tortilla.
- ☐ Serve with sour cream.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:22.6, Inflammation Score:-7, Nutrition Score:24.796956694644%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.05mg, Quercetin: 5.05mg, Quercetin: 5.05mg, Quercetin: 5.05mg

Nutrients (% of daily need)

Calories: 539.33kcal (26.97%), Fat: 13.34g (20.52%), Saturated Fat: 4.74g (29.63%), Carbohydrates: 77.82g (25.94%), Net Carbohydrates: 71.59g (26.03%), Sugar: 7.99g (8.88%), Cholesterol: 33.54mg (11.18%), Sodium: 1415.32mg (61.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.57g (53.15%), Selenium: 44.81µg (64.01%), Vitamin B3: 12.41mg (62.07%), Vitamin B1: 0.79mg (52.45%), Phosphorus: 453.24mg (45.32%), Manganese: 0.86mg (42.95%), Folate: 149.43µg (37.36%), Vitamin B6: 0.73mg (36.57%), Iron: 5.89mg (32.74%), Vitamin B2: 0.51mg (29.73%), Fiber: 6.23g (24.93%), Calcium: 232.34mg (23.23%), Vitamin C: 18.62mg (22.57%), Vitamin K: 16.1µg (15.33%), Potassium: 535.93mg (15.31%), Magnesium: 59.65mg (14.91%), Zinc: 1.99mg (13.24%), Copper: 0.24mg (12.08%), Vitamin B5: 0.87mg (8.74%), Vitamin A: 326.51IU (6.53%), Vitamin B12: 0.3µg (5.02%),

Vitamin E: 0.56mg (3.73%), Vitamin D: 0.23µg (1.51%)