

Turkey Taco Packet

 Dairy Free

READY IN



13 min.

SERVINGS



1

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 slices oscar mayer deli turkey breast smoked fresh
- 1 6-inch flour tortilla ()
- 2 Tbsp taco bellâ® & chunky salsa thick
- 1 slice velveetaâ
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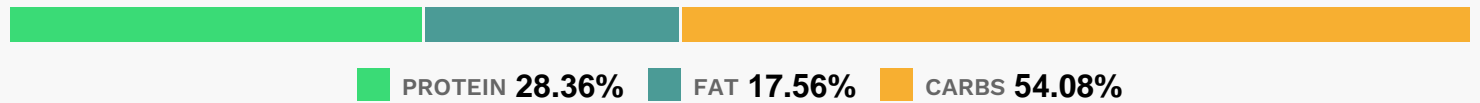
Equipment

- grill
- aluminum foil

Directions

- Preheat grill to medium-hot heat.
- Place tortilla in center of foil. Top with turkey, salsa and VELVEETA.
- Bring up foil sides. Double fold top and ends of foil to seal packet, leaving room for heat circulation inside.
- Place on grate of grill; cover grill with lid.
- Grill 8 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:4.68, Inflammation Score:-3, Nutrition Score:5.864782543286%

Nutrients (% of daily need)

Calories: 142.56kcal (7.13%), Fat: 2.8g (4.31%), Saturated Fat: 0.98g (6.14%), Carbohydrates: 19.41g (6.47%), Net Carbohydrates: 17.71g (6.44%), Sugar: 3.3g (3.67%), Cholesterol: 15.36mg (5.12%), Sodium: 1029.12mg (44.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.18g (20.36%), Phosphorus: 184.68mg (18.47%), Vitamin B1: 0.16mg (10.9%), Selenium: 7.01µg (10.02%), Iron: 1.77mg (9.85%), Manganese: 0.19mg (9.44%), Copper: 0.17mg (8.73%), Vitamin B3: 1.73mg (8.65%), Folate: 29.64µg (7.41%), Fiber: 1.7g (6.79%), Potassium: 228.78mg (6.54%), Magnesium: 24.96mg (6.24%), Calcium: 59.16mg (5.92%), Vitamin B2: 0.1mg (5.65%), Zinc: 0.64mg (4.29%), Vitamin B6: 0.08mg (4.05%), Vitamin K: 3.67µg (3.5%), Vitamin A: 172.8IU (3.46%), Vitamin E: 0.44mg (2.93%), Vitamin B5: 0.12mg (1.22%)