



Turkey Tacos with Cranberry Salsa

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



635 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 corn tortillas
- ☐ 4 servings olive oil extra virgin
- ☐ 2 cups mild cheddar grated
- ☐ 4 servings turkey meat cooked cut into bite-sized pieces
- ☐ 4 servings lettuce thinly sliced
- ☐ 4 servings cilantro leaves fresh for garnish
- ☐ 1.5 cups cranberries fresh
- ☐ 0.5 an apple cored peeled

- ☐ 4 servings jalapeño chili chopped for desired heat to taste (a half a chili, but taste)
- ☐ 4 tablespoons sugar
- ☐ 2 tablespoons ginger peeled chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon juice of lemon
- ☐ 1 Dash salt

Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Prepare cranberry salsa:
- ☐ Put the cranberries, apple, chile, sugar, ginger, cilantro, and lime or lemon juice in a food processor and pulse until coarsely shredded, about 10 short pulses.
- ☐ Let sit 15 minutes for the cranberries to macerate. You can also use cranberry relish, just add chopped chiles and cilantro.
- ☐ Heat a large frying pan on medium high heat. Unless you are using freshly made homemade tortillas, you will need to soften them first.
- ☐ Place a small amount (1/2 a teaspoon) of oil in the pan and spread to coat the bottom of the pan.
- ☐ Place a tortilla in the pan and let it heat up until bubbles start to form. Then flip it over.
- ☐ Sprinkle grated cheese on half of the tortilla, and top with chopped cooked turkey. Fold the empty half of the tortilla over the side with cheese and turkey (like an omelette).
- ☐ Cook until the cheese begins to melt, then flip the taco over so that the tortilla browns on the other side as well. Continue to cook the tacos in this manner.
- ☐ To serve, open up the tacos and put some chopped lettuce and plenty of cranberry salsa over the cheese and turkey.
- ☐ Garnish with fresh cilantro leaves.

Nutrition Facts



Properties

Glycemic Index:91.9, Glycemic Load:21.4, Inflammation Score:-8, Nutrition Score:23.949130586956%

Flavonoids

Cyanidin: 17.77mg, Cyanidin: 17.77mg, Cyanidin: 17.77mg, Cyanidin: 17.77mg Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 18.44mg, Peonidin: 18.44mg, Peonidin: 18.44mg, Peonidin: 18.44mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 2.54mg, Myricetin: 2.54mg, Myricetin: 2.54mg, Myricetin: 2.54mg Quercetin: 8.04mg, Quercetin: 8.04mg, Quercetin: 8.04mg, Quercetin: 8.04mg

Nutrients (% of daily need)

Calories: 635.22kcal (31.76%), Fat: 34.54g (53.14%), Saturated Fat: 13.39g (83.66%), Carbohydrates: 46.87g (15.62%), Net Carbohydrates: 40.47g (14.71%), Sugar: 18.76g (20.84%), Cholesterol: 107.24mg (35.74%), Sodium: 483.37mg (21.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.19g (74.38%), Phosphorus: 602.35mg (60.24%), Calcium: 494.9mg (49.49%), Selenium: 30.81µg (44.02%), Vitamin B6: 0.8mg (39.95%), Vitamin B3: 7.95mg (39.75%), Vitamin K: 35.06µg (33.39%), Zinc: 4.14mg (27.58%), Vitamin B2: 0.46mg (27.02%), Fiber: 6.4g (25.6%), Vitamin B12: 1.52µg (25.38%), Manganese: 0.45mg (22.64%), Magnesium: 87.45mg (21.86%), Vitamin E: 3.19mg (21.29%), Vitamin A: 990.01IU (19.8%), Vitamin C: 13.46mg (16.32%), Potassium: 548.6mg (15.67%), Iron: 2.38mg (13.2%), Folate: 47.58µg (11.9%), Copper: 0.23mg (11.29%), Vitamin B5: 1.12mg (11.2%), Vitamin B1: 0.15mg (9.85%), Vitamin D: 0.51µg (3.39%)