



## Turkey Tacos with Spicy Tomatoes

 Gluten Free

READY IN



25 min.

SERVINGS



12

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 servings avocado chopped
- 2 cloves garlic minced
- 0.3 teaspoon ground chipotle pepper dried to taste
- 1 teaspoon ground cumin
- 12 ounces ground turkey breast
- 1 cup lentils refrigerated steamed
- 1 medium onion chopped
- 14.5 ounce canned tomatoes diced drained del monte® canned

- 12 servings romaine lettuce shredded
- 12 servings cheddar cheese shredded
- 12 servings cup heavy whipping cream sour
- 12 corn taco shells

## Equipment

- frying pan

## Directions

- Cook ground turkey, onion and garlic over medium heat in a large skillet until meat is brown and onion is tender; drain off fat.
- Stir in undrained canned tomatoes, lentils, cumin and ground chipotle pepper. Cook for 5 minutes, stirring occasionally.
- To serve, spoon about 1/4 cup meat mixture into each taco shell. Top with sour cream, romaine, cheese, avocado and/or radishes.

## Nutrition Facts

**PROTEIN 17.15%** **FAT 59.55%** **CARBS 23.3%**

## Properties

Glycemic Index:22.06, Glycemic Load:7.1, Inflammation Score:-10, Nutrition Score:30.782173903092%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

## Nutrients (% of daily need)

Calories: 444.74kcal (22.24%), Fat: 30.87g (47.48%), Saturated Fat: 10.16g (63.47%), Carbohydrates: 27.17g (9.06%), Net Carbohydrates: 15.73g (5.72%), Sugar: 4.56g (5.07%), Cholesterol: 52.67mg (17.56%), Sodium:

314.02mg (13.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20g (40%), Vitamin A: 8023.66IU (160.47%), Vitamin K: 112.25µg (106.91%), Folate: 250.27µg (62.57%), Fiber: 11.44g (45.77%), Phosphorus: 361.38mg (36.14%), Vitamin B6: 0.71mg (35.62%), Calcium: 296.6mg (29.66%), Potassium: 1024.84mg (29.28%), Vitamin B3: 5.63mg (28.15%), Manganese: 0.52mg (25.94%), Selenium: 17.32µg (24.74%), Vitamin B2: 0.41mg (24.27%), Vitamin C: 17.75mg (21.52%), Vitamin B5: 2.14mg (21.39%), Magnesium: 82.89mg (20.72%), Vitamin E: 3.02mg (20.16%), Zinc: 3mg (20.01%), Copper: 0.38mg (19.19%), Iron: 2.99mg (16.59%), Vitamin B1: 0.24mg (16.18%), Vitamin B12: 0.49µg (8.13%), Vitamin D: 0.29µg (1.96%)