

Zesty Turkey Tacos

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon chili powder
- ☐ 1 chipotles in adobo canned finely chopped
- ☐ 6 servings lettuce shredded
- ☐ 6 servings cream sour
- ☐ 6 servings cheddar cheese shredded
- ☐ 6 taco shells old el paso® stuff® (from 4.7-oz box)
- ☐ 6 servings tomatoes seeded chopped
- ☐ 4 cups turkey shredded cooked

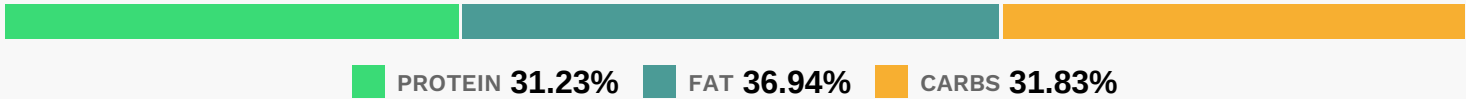
Equipment

☐ sauce pan

Directions

- ☐ In 3-quart saucepan, mix cooking sauce, chiles in adobo and chili powder. Stir in turkey; heat to boiling. Reduce heat to medium; simmer uncovered 4 to 5 minutes, stirring occasionally, until hot.
- ☐ Meanwhile, heat taco shells as directed on box. Spoon about 1/2 cup turkey mixture in each taco shell. Top with lettuce, tomato, cheese and sour cream.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:6.98, Inflammation Score:-9, Nutrition Score:17.634782578634%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 225.36kcal (11.27%), Fat: 9.5g (14.61%), Saturated Fat: 3.28g (20.48%), Carbohydrates: 18.42g (6.14%), Net Carbohydrates: 14.02g (5.1%), Sugar: 7.32g (8.13%), Cholesterol: 55.74mg (18.58%), Sodium: 146.28mg (6.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.07g (36.13%), Vitamin A: 2165.64IU (43.31%), Vitamin K: 37.26µg (35.48%), Vitamin C: 27.26mg (33.05%), Vitamin B3: 6.51mg (32.55%), Vitamin B6: 0.62mg (30.76%), Phosphorus: 224.73mg (22.47%), Selenium: 15.44µg (22.06%), Potassium: 750.6mg (21.45%), Manganese: 0.4mg (20%), Fiber: 4.4g (17.59%), Folate: 66.67µg (16.67%), Vitamin B12: 0.85µg (14.1%), Magnesium: 54.5mg (13.63%), Vitamin B2: 0.22mg (12.65%), Zinc: 1.9mg (12.64%), Vitamin B1: 0.16mg (10.95%), Copper: 0.2mg (9.94%), Iron: 1.75mg (9.72%), Vitamin E: 1.45mg (9.67%), Vitamin B5: 0.82mg (8.24%), Calcium: 73.12mg (7.31%), Vitamin D: 0.2µg (1.36%)