

Turkey Taco bowls

Servings 16
calories per serving

388

Save

8 Ingredients

- 96 ounce, Ground turkey, cooked
- 1 whole, Jalapeño
- 1 Cup, Chopped, Red Onion
- 1 large pepper, Yellow Bell Pepper
- 1 medium (2-3/4" long, 2-1/2" dia), Orange bell pepper
- 1 medium, Red bell pepper
- 6 cup, Cauliflower Rice Sauteed
- 3 container (36 grams), Spicy Taco Seasoning
- Mix cauliflower rice with the other diced vegetables in a bowl.
- Place in a strainer to drain out any excess liquid.
- Brown Ground Turkey
- Add cauliflower rice veggie combo
- Add taco seasoning and water based on packet instructions.
- Mix all ingredients and simmer for 20 minutes.

- Optional toppings;
- Cilantro
- Shredded cheese
- Avocado
- Pico

Nutrition Facts

Servings 16.0

Amount Per Serving

calories 388

% Daily Value *

Total Fat 18 g **27 %**

Saturated Fat 5 g **23 %**

Monounsaturated Fat 6 g

Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 158 mg	53 %
Sodium 149 mg	6 %
Potassium 682 mg	19 %
Total	
Carbohydrate 9 g	3 %
Dietary Fiber 3 g	12 %
Sugars 3 g	
Protein 50 g	100 %
Vitamin A	25 %
Vitamin C	69 %
Calcium	7 %
Iron	15 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.