



Braised Turkey and Asian Vegetables



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon five-spice powder
- ☐ 5 baby bok choy quartered
- ☐ 15 ounce pre-cut baby corn drained canned
- ☐ 8 ounce bamboo skewers drained sliced canned
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon canola oil
- ☐ 2 teaspoons sesame oil dark
- ☐ 2 teaspoons ginger fresh grated peeled

- ☐ 3 garlic cloves minced
- ☐ 0.5 cup green onions chopped
- ☐ 2 tablespoons hoisin sauce
- ☐ 1 tablespoon lower-sodium soy sauce
- ☐ 2 cups napa cabbage chinese thinly sliced ()
- ☐ 2 tablespoons oyster sauce
- ☐ 1 cup bell pepper red thinly sliced
- ☐ 7 ounce mushroom caps
- ☐ 4 pounds turkey thighs bone-in

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slow cooker

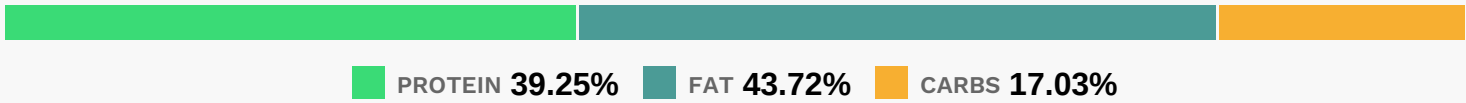
Directions

- ☐ Remove stems from mushrooms; slice mushrooms.
- ☐ Place mushrooms, bell pepper, and next 3 ingredients (through bamboo shoots) in a 7-quart electric slow cooker.
- ☐ Combine hoisin sauce and next 5 ingredients (through garlic) in a small bowl. Stir into vegetable mixture in slow cooker.
- ☐ Heat in a large nonstick skillet over medium-high heat.
- ☐ Add canola oil to pan; swirl to coat.
- ☐ Sprinkle turkey thighs evenly with five-spice powder and black pepper.
- ☐ Add half of turkey to pan. Cook 3 minutes on each side or until browned.
- ☐ Add turkey to slow cooker. Repeat procedure with remaining turkey. Cover and cook on LOW for 5 hours or until turkey is tender.
- ☐ Remove turkey from bones; cut meat into bite-sized pieces. Discard bones. Stir cabbage into vegetable mixture.

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Serve vegetables and broth in individual bowls. Top with turkey; sprinkle evenly with green onions.

Nutrition Facts



Properties

Glycemic Index:37.19, Glycemic Load:6.58, Inflammation Score:-10, Nutrition Score:35.88869549658%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 480.6kcal (24.03%), Fat: 23.41g (36.02%), Saturated Fat: 6.58g (41.11%), Carbohydrates: 20.51g (6.84%), Net Carbohydrates: 16.46g (5.98%), Sugar: 6.56g (7.29%), Cholesterol: 140.73mg (46.91%), Sodium: 1305.22mg (56.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.28g (94.56%), Vitamin B12: 9.09µg (151.5%), Selenium: 93.03µg (132.89%), Vitamin A: 3994.76IU (79.9%), Vitamin C: 65.66mg (79.59%), Zinc: 10.26mg (68.39%), Phosphorus: 486.4mg (48.64%), Vitamin B2: 0.82mg (48.49%), Vitamin B3: 7.79mg (38.97%), Vitamin B6: 0.77mg (38.28%), Vitamin B5: 2.74mg (27.41%), Iron: 4.87mg (27.05%), Potassium: 892mg (25.49%), Vitamin K: 23.84µg (22.71%), Vitamin B1: 0.31mg (20.94%), Copper: 0.36mg (17.95%), Magnesium: 68.51mg (17.13%), Manganese: 0.33mg (16.29%), Fiber: 4.06g (16.23%), Calcium: 129.84mg (12.98%), Folate: 48.78µg (12.2%), Vitamin E: 0.92mg (6.14%)