



 **57%**
HEALTH SCORE

Slow-Cooker Barbecued Turkey and Vegetables

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



500 min.

SERVINGS



4

CALORIES



729 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup barbecue sauce
- 0.5 cup water hot
- 2.5 lb turkey thighs skinless
- 3 medium potatoes unpeeled cut into 8 pieces each
- 6 medium carrots cut into 2 1/2x1/2x1/2-inch sticks

Equipment

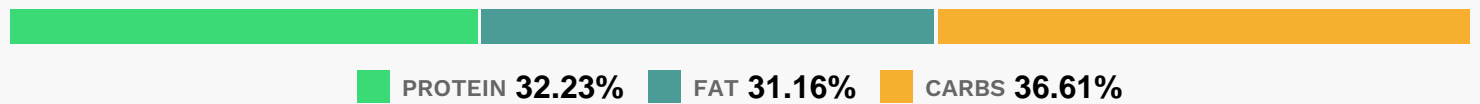
- bowl

- slotted spoon
- slow cooker

Directions

- In medium bowl, mix barbecue sauce and water.
- Layer turkey, potatoes and carrots in 4- to 6-quart slow cooker.
- Pour sauce mixture over top.
- Cover; cook on Low heat setting 8 to 10 hours.
- With slotted spoon, remove turkey and vegetables from slow cooker; place on serving platter.
- Remove and discard bones; cut turkey into serving pieces.
- Drizzle cooking juices over turkey and vegetables.

Nutrition Facts



Properties

Glycemic Index:32.65, Glycemic Load:23.34, Inflammation Score:-10, Nutrition Score:41.65565221206%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 728.59kcal (36.43%), Fat: 24.91g (38.32%), Saturated Fat: 7.76g (48.48%), Carbohydrates: 65.85g (21.95%), Net Carbohydrates: 59.13g (21.5%), Sugar: 29.32g (32.58%), Cholesterol: 175.77mg (58.59%), Sodium: 2049.52mg (89.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.96g (115.92%), Vitamin A: 15449.35IU (308.99%), Vitamin B12: 11.34µg (189%), Selenium: 114.9µg (164.14%), Zinc: 12.43mg (82.87%), Phosphorus: 622.16mg (62.22%), Vitamin B6: 1.22mg (60.91%), Vitamin B2: 0.99mg (58.51%), Potassium: 1814.45mg (51.84%), Vitamin B3: 9.81mg (49.07%), Vitamin C: 37.3mg (45.21%), Iron: 6.23mg (34.61%), Vitamin B1: 0.49mg (32.54%), Vitamin B5: 3.11mg (31.08%), Copper: 0.55mg (27.67%), Fiber: 6.72g (26.88%), Magnesium: 105.51mg (26.38%), Manganese: 0.47mg (23.27%), Vitamin K: 16.4µg (15.62%), Folate: 47.21µg (11.8%), Calcium: 96.53mg (9.65%), Vitamin E: 1.19mg (7.95%)