



## Glazed Turkey

 **Gluten Free**  **Dairy Free**

READY IN



**303 min.**

SERVINGS



**4**

CALORIES



**307 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 bay leaves
- 14.3 ounce chicken broth fat-free reduced-sodium canned
- 0.5 cup apricot spreadable fruit
- 4 sweet potatoes scrubbed
- 0.8 pound turkey breast tenderloins

## Equipment

- slow cooker

## Directions

- Place potatoes in bottom of a 5-quart electric slow cooker; place turkey over potatoes.
- Pour broth over turkey; add bay leaves and spreadable fruit. Cover and cook on high setting 5 hours or until turkey is tender. Or, cover and cook on high setting 1 hour; reduce to low setting, and cook 7 hours.
- Remove and discard bay leaves. Slice and serve tenderloin with potatoes.

## Nutrition Facts

**PROTEIN 31.04%** **FAT 4.22%** **CARBS 64.74%**

## Properties

Glycemic Index:14.5, Glycemic Load:22.44, Inflammation Score:-10, Nutrition Score:15.547825999882%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 306.56kcal (15.33%), Fat: 1.45g (2.23%), Saturated Fat: 0.42g (2.62%), Carbohydrates: 49.99g (16.66%), Net Carbohydrates: 42.72g (15.54%), Sugar: 12.93g (14.37%), Cholesterol: 37.97mg (12.66%), Sodium: 595.81mg (25.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.97g (47.95%), Vitamin A: 32155.18IU (643.1%), Manganese: 0.61mg (30.31%), Fiber: 7.27g (29.07%), Vitamin B6: 0.49mg (24.6%), Potassium: 818.55mg (23.39%), Vitamin B5: 1.94mg (19.41%), Copper: 0.38mg (19.14%), Magnesium: 59.05mg (14.76%), Vitamin B1: 0.19mg (12.46%), Phosphorus: 120.94mg (12.09%), Vitamin B2: 0.17mg (9.79%), Vitamin B3: 1.94mg (9.7%), Iron: 1.63mg (9.07%), Vitamin C: 6.1mg (7.39%), Calcium: 73.74mg (7.37%), Folate: 26.55µg (6.64%), Vitamin K: 5.43µg (5.17%), Selenium: 3.58µg (5.11%), Zinc: 0.73mg (4.84%), Vitamin E: 0.59mg (3.92%), Vitamin B12: 0.2µg (3.37%)