



Herbed Slow Cooker Turkey Breast

 **Gluten Free**

READY IN

ready

250 min.

SERVINGS

servings

6

CALORIES

calories

289 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 2 tablespoons butter softened
- ☐ 0.3 cup whipped cream cheese spread with garden vegetables
- ☐ 0.5 teaspoon basil dried
- ☐ 0.5 teaspoon sage dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 tablespoon parsley fresh minced
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 teaspoon ground pepper black

- ☐ 1 tablespoon soya sauce
- ☐ 3 pound turkey breast half bone-in

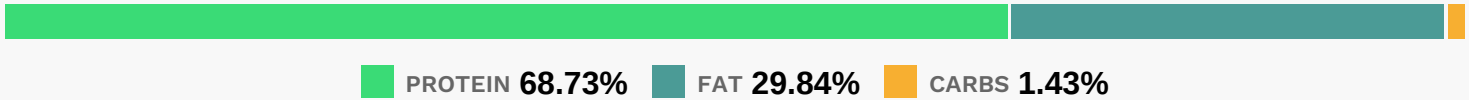
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Place turkey breast into a slow cooker.
- ☐ Combine butter, whipped cream cheese spread, soy sauce, parsley, basil, sage, thyme, black pepper, and garlic powder in a small bowl until smooth.
- ☐ Brush herb mixture over the turkey breast. Cover slow cooker.
- ☐ Cook until turkey is tender, 4 to 6 hours on High or 8 to 10 hours on Low.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:0.04, Inflammation Score:-5, Nutrition Score:21.146521669367%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

Nutrients (% of daily need)

Calories: 289.09kcal (14.45%), Fat: 9.62g (14.8%), Saturated Fat: 4.38g (27.37%), Carbohydrates: 1.04g (0.35%), Net Carbohydrates: 0.9g (0.33%), Sugar: 0.47g (0.53%), Cholesterol: 138.37mg (46.12%), Sodium: 709.25mg (30.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.87g (99.74%), Vitamin B3: 22.65mg (113.24%), Vitamin B6: 1.77mg (88.43%), Selenium: 51.59µg (73.71%), Phosphorus: 541.7mg (54.17%), Vitamin B12: 1.44µg (23.95%), Zinc: 2.99mg (19.93%), Vitamin B2: 0.34mg (19.84%), Vitamin B5: 1.78mg (17.8%), Potassium: 565.58mg (16.16%), Magnesium: 59.38mg (14.84%), Vitamin K: 14.4µg (13.71%), Iron: 1.53mg (8.52%), Copper: 0.13mg (6.36%), Vitamin A: 312.73IU (6.25%), Vitamin B1: 0.08mg (5.24%), Calcium: 49.79mg (4.98%), Folate: 18.15µg (4.54%), Manganese: 0.06mg (2.94%), Vitamin E: 0.27mg (1.78%), Vitamin D: 0.23µg (1.51%), Vitamin C: 0.93mg (1.13%)