



Lemony Turkey Breast

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

READY IN



310 min.

SERVINGS



14

CALORIES



170 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 teaspoons cornstarch
- 1 teaspoon garlic salt
- 1 medium optional: lemon halved
- 1 teaspoon lemon pepper salt-free
- 0.5 cup chicken broth reduced-sodium
- 5 pounds turkey breast bone-in

Equipment

- paper towels

- sauce pan
- measuring cup
- slow cooker

Directions

- Remove skin from turkey. Pat turkey dry with paper towels; spray turkey with cooking spray.
- Place breast side up in a 5-qt. slow cooker. Squeeze half of the lemon over turkey; sprinkle with lemon-pepper and garlic salt.
- Place lemon halves under turkey.
- Cover and cook on low for 5-7 hours or until meat is tender.
- Remove turkey and keep warm. Discard lemon.
- For gravy, pour cooking liquid into a measuring cup; skim fat. In a saucepan, combine cornstarch and broth until smooth. Gradually stir in cooking liquid. Bring to a boil; cook and stir for 2 minutes or until thickened.
- Serve with turkey.

Nutrition Facts

PROTEIN 82.11% **FAT 14.54%** **CARBS 3.35%**

Properties

Glycemic Index:4.11, Glycemic Load:0.15, Inflammation Score:-3, Nutrition Score:15.017826263023%

Flavonoids

Eriodictyol: 1.65mg, Eriodictyol: 1.65mg, Eriodictyol: 1.65mg, Eriodictyol: 1.65mg Hesperetin: 2.15mg, Hesperetin: 2.15mg, Hesperetin: 2.15mg, Hesperetin: 2.15mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 169.74kcal (8.49%), Fat: 2.77g (4.26%), Saturated Fat: 0.49g (3.05%), Carbohydrates: 1.43g (0.48%), Net Carbohydrates: 1.18g (0.43%), Sugar: 0.29g (0.32%), Cholesterol: 87.48mg (29.16%), Sodium: 502.58mg (21.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.16g (70.33%), Vitamin B3: 16.2mg (81.01%), Vitamin B6: 1.26mg (63.15%), Selenium: 36.83µg (52.61%), Phosphorus: 386.38mg (38.64%), Vitamin B12: 1.03µg (17.15%), Zinc:

2.12mg (14.14%), Vitamin B2: 0.24mg (14.07%), Vitamin B5: 1.27mg (12.72%), Potassium: 411.88mg (11.77%), Magnesium: 41.47mg (10.37%), Iron: 0.96mg (5.32%), Vitamin C: 4.09mg (4.96%), Copper: 0.09mg (4.69%), Vitamin B1: 0.06mg (3.78%), Folate: 12.21µg (3.05%), Calcium: 25.77mg (2.58%), Manganese: 0.03mg (1.63%), Vitamin D: 0.16µg (1.08%), Fiber: 0.26g (1.03%)