



Mediterranean Roast Turkey

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 pound turkey breast boneless trimmed
- ☐ 3 tablespoons flour all-purpose
- ☐ 1.5 teaspoons garlic minced
- ☐ 0.5 cup kalamata olives pitted
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup beef broth fat-free divided
- ☐ 2 cups onion chopped (1 large)

- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon suya seasoning mix (such as McCormick's)
- ☐ 0.5 cup sun-dried olives drained

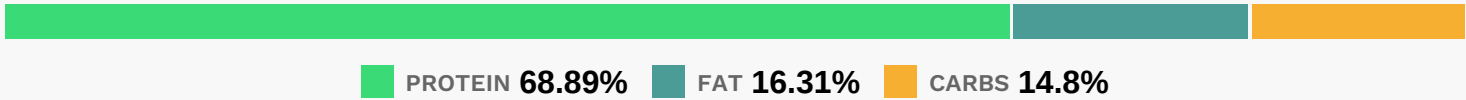
Equipment

- ☐ bowl
- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Combine first 9 ingredients in an electric slow cooker.
- ☐ Add 1/4 cup chicken broth. Cover and cook on low for 7 hours.
- ☐ Combine remaining 1/4 cup broth and flour in a small bowl; stir with a whisk until smooth.
- ☐ Add broth mixture to slow cooker. Cover and cook on low for 30 minutes.
- ☐ Cut turkey into slices.

Nutrition Facts



Properties

Glycemic Index:24.88, Glycemic Load:3.34, Inflammation Score:-6, Nutrition Score:24.200434695119%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg

Nutrients (% of daily need)

Calories: 289.66kcal (14.48%), Fat: 5.37g (8.26%), Saturated Fat: 0.89g (5.56%), Carbohydrates: 10.95g (3.65%), Net Carbohydrates: 8.77g (3.19%), Sugar: 4.57g (5.08%), Cholesterol: 122.47mg (40.82%), Sodium: 780.98mg

(33.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51g (102%), Vitamin B3: 23.4mg (116.99%), Vitamin B6: 1.85mg (92.38%), Selenium: 53.21µg (76.01%), Phosphorus: 576.86mg (57.69%), Potassium: 894.35mg (25.55%), Vitamin B12: 1.43µg (23.81%), Vitamin B2: 0.39mg (23.08%), Zinc: 3.2mg (21.35%), Vitamin B5: 1.98mg (19.79%), Magnesium: 77.72mg (19.43%), Manganese: 0.26mg (13.13%), Iron: 2.35mg (13.07%), Copper: 0.25mg (12.62%), Vitamin B1: 0.16mg (10.44%), Folate: 35.79µg (8.95%), Vitamin C: 7.3mg (8.84%), Fiber: 2.18g (8.72%), Vitamin K: 7.19µg (6.84%), Calcium: 64.77mg (6.48%), Vitamin E: 0.59mg (3.91%), Vitamin A: 150.5IU (3.01%), Vitamin D: 0.23µg (1.51%)