



Prep and Forget Turkey

 Dairy Free

READY IN



195 min.

SERVINGS



6

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups vegetables mixed frozen (carrots, corn, peas)
- 1 lb ground chicken lean
- 1 tsp a.1. original sauce
- 0.3 cup lite house dressing italian kraft
- 1 medium onion finely chopped
- 6 oz stove top stuffing mix for turkey
- 16 oz berry cranberry sauce whole canned

Equipment

slow cooker

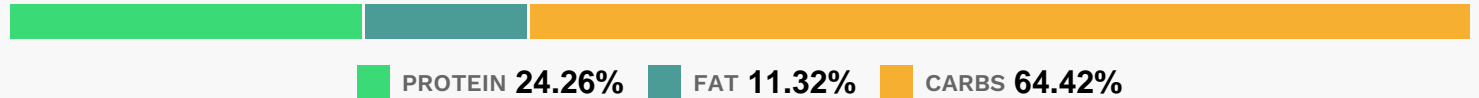
Directions

Combine turkey, onion, vegetables, dressing and steak sauce in small slow cooker.

Top with cranberry sauce; sprinkle with dry stuffing mix. Cover with lid.

Cook on HIGH 3 to 4 hours.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:2.96, Inflammation Score:-9, Nutrition Score:18.479565247245%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 2.05mg, Myricetin: 2.05mg, Myricetin: 2.05mg, Myricetin: 2.05mg Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg

Nutrients (% of daily need)

Calories: 384.98kcal (19.25%), Fat: 4.95g (7.62%), Saturated Fat: 0.97g (6.06%), Carbohydrates: 63.44g (21.15%), Net Carbohydrates: 58.97g (21.44%), Sugar: 28.41g (31.57%), Cholesterol: 41.86mg (13.95%), Sodium: 577.12mg (25.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.89g (47.77%), Vitamin A: 3135.76IU (62.72%), Vitamin B3: 9.84mg (49.21%), Selenium: 31.15µg (44.5%), Vitamin B6: 0.79mg (39.4%), Phosphorus: 257.18mg (25.72%), Vitamin B1: 0.31mg (20.77%), Manganese: 0.39mg (19.65%), Folate: 75.51µg (18.88%), Fiber: 4.48g (17.91%), Vitamin B2: 0.27mg (15.66%), Iron: 2.61mg (14.51%), Potassium: 477.53mg (13.64%), Magnesium: 51.66mg (12.91%), Zinc: 1.93mg (12.85%), Vitamin C: 8.46mg (10.26%), Copper: 0.2mg (9.82%), Vitamin B5: 0.9mg (9%), Vitamin E: 1.08mg (7.21%), Vitamin K: 6.93µg (6.6%), Vitamin B12: 0.39µg (6.52%), Calcium: 52.69mg (5.27%), Vitamin D: 0.3µg (2.02%)