



 **69%**
HEALTH SCORE

Slow Cooked Turkey Dinner

 Dairy Free  Very Healthy

READY IN



615 min.

SERVINGS



4

CALORIES



648 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 small potatoes - remove skin red cut into fourths ()
- 2 cups carrots sliced
- 2 pounds turkey thighs skinless
- 0.3 cup flour all-purpose
- 2 tablespoons onion soup mix dry ()
- 10.8 ounces cream of mushroom soup canned
- 0.3 cup chicken broth (from 32-ounce carton)

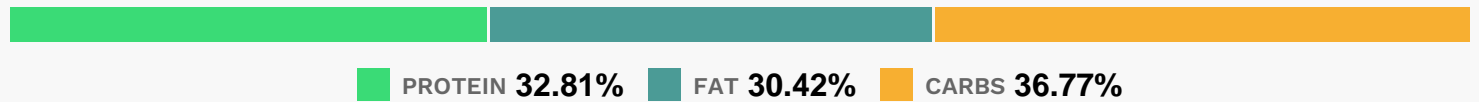
Equipment

- bowl
- slow cooker

Directions

- Place potatoes and carrots in 3 1/2- to 4-quart slow cooker.
- Place turkey
- on vegetables.
- Mix remaining ingredients in medium bowl; pour over turkey.
- Cover and cook on low heat setting 8 to 10 hours.

Nutrition Facts



Properties

Glycemic Index:30.46, Glycemic Load:6.35, Inflammation Score:-10, Nutrition Score:41.80521714169%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 647.89kcal (32.39%), Fat: 21.75g (33.46%), Saturated Fat: 7.17g (44.78%), Carbohydrates: 59.13g (19.71%), Net Carbohydrates: 52.39g (19.05%), Sugar: 6.6g (7.34%), Cholesterol: 144.81mg (48.27%), Sodium: 1995.31mg (86.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.77g (105.54%), Vitamin A: 10710.64IU (214.21%), Vitamin B12: 9.2µg (153.29%), Selenium: 94.97µg (135.67%), Zinc: 11.24mg (74.95%), Phosphorus: 605mg (60.5%), Potassium: 2046.55mg (58.47%), Vitamin B2: 0.9mg (53.1%), Vitamin B6: 1.03mg (51.56%), Vitamin B3: 10.25mg (51.24%), Copper: 0.78mg (38.85%), Manganese: 0.77mg (38.34%), Vitamin B1: 0.57mg (37.78%), Iron: 6.41mg (35.62%), Vitamin C: 25.83mg (31.31%), Vitamin B5: 2.91mg (29.13%), Magnesium: 111.83mg (27.96%), Fiber: 6.74g (26.95%), Folate: 79.96µg (19.99%), Vitamin K: 15.92µg (15.16%), Calcium: 75.13mg (7.51%), Vitamin E: 0.47mg (3.1%)