



 **57%**
HEALTH SCORE

Slow-Cooker Asian Turkey and Vegetables

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



470 min.

SERVINGS



6

CALORIES



522 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 lb turkey thighs skinless
- 1.3 ounces teriyaki sauce
- 1 cup water
- 18 oz savory vegetable frozen thawed
- 2 cups rice long-grain white uncooked
- 4 cups water

Equipment

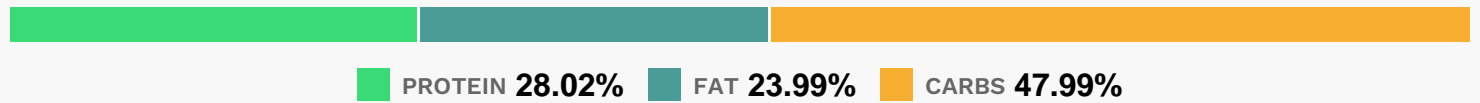
- bowl

- slow cooker
- cutting board

Directions

- In 3- to 4-quart slow cooker, place turkey. In small bowl, mix dry seasoning mix and 1 cup water; pour over turkey.
- Cover; cook on Low heat setting 7 to 8 hours.
- Remove turkey from cooker; place on cutting board.
- Remove meat from bones; discard bones.
- Cut turkey into bite-size pieces; return to cooker. Stir in both boxes of vegetables. Increase heat setting to High. Cover; cook 20 to 30 minutes or until vegetables are thoroughly heated.
- Meanwhile, cook rice in 4 cups water as directed on package. Stir vegetable and turkey mixture.
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:17.7, Glycemic Load:33.3, Inflammation Score:-10, Nutrition Score:28.734782353529%

Nutrients (% of daily need)

Calories: 522.15kcal (26.11%), Fat: 13.7g (21.08%), Saturated Fat: 4.28g (26.73%), Carbohydrates: 61.67g (20.56%), Net Carbohydrates: 57.46g (20.9%), Sugar: 0.91g (1.01%), Cholesterol: 93.74mg (31.25%), Sodium: 939.85mg (40.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36g (72.01%), Vitamin B12: 6.05µg (100.8%), Selenium: 70.2µg (100.28%), Vitamin A: 4318.77IU (86.38%), Zinc: 7.28mg (48.53%), Manganese: 0.88mg (43.92%), Phosphorus: 388.74mg (38.87%), Vitamin B2: 0.56mg (32.95%), Vitamin B3: 5.76mg (28.78%), Vitamin B6: 0.49mg (24.55%), Iron: 3.67mg (20.39%), Copper: 0.4mg (20.17%), Vitamin B1: 0.3mg (19.99%), Vitamin B5: 1.99mg (19.85%), Potassium: 628.89mg (17.97%), Fiber: 4.21g (16.84%), Magnesium: 67.11mg (16.78%), Vitamin C: 8.85mg (10.72%), Folate: 31.58µg (7.9%), Calcium: 58.02mg (5.8%)