



Slow-Cooker Asian Turkey and Vegetables

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



470 min.

SERVINGS



6

CALORIES



533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

Equipment

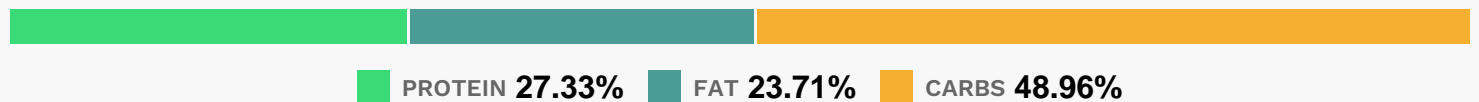
- bowl

- 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:18.53, Glycemic Load:33.37, Inflammation Score:-10, Nutrition Score:33.388260654781%

Nutrients (% of daily need)

Calories: 532.55kcal (26.63%), Fat: 13.95g (21.47%), Saturated Fat: 4.37g (27.3%), Carbohydrates: 64.82g (21.61%), Net Carbohydrates: 58.11g (21.13%), Sugar: 0.32g (0.35%), Cholesterol: 93.74mg (31.25%), Sodium: 715.12mg (31.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.19g (72.37%), Vitamin B12: 6.05µg (100.8%), Selenium: 70.4µg (100.57%), Vitamin A: 4419.23IU (88.38%), Manganese: 1.17mg (58.66%), Zinc: 7.43mg (49.55%), Phosphorus: 388.38mg (38.84%), Vitamin K: 36.78µg (35.03%), Vitamin B2: 0.59mg (34.55%), Iron: 5.74mg (31.9%), Vitamin B3: 5.95mg (29.77%), Vitamin B6: 0.55mg (27.34%), Fiber: 6.71g (26.85%), Copper: 0.43mg (21.74%), Vitamin B1: 0.31mg (20.57%), Vitamin B5: 2.03mg (20.28%), Magnesium: 79.45mg (19.86%), Potassium: 690.02mg (19.71%), Calcium: 150.86mg (15.09%), Folate: 45.11µg (11.28%), Vitamin C: 8.98mg (10.89%), Vitamin E: 1.15mg (7.64%)