

Slow Cooker Bacon-Ranch Beer-Can Turkey



Ingredients

	0.3 cup butter softened
1	cup light-colored beer
1	ounce ranch dressing mix divided
	S slices bacon thick-cut
1	turkey breast whole bone-in dry rinsed

Equipment

bowl slow cooker

Directions Spray the inside of a large slow cooker with cooking spray. Stir butter and 1/2 the ranch dressing mix together in a bowl until completely combined. Carefully loosen each side of the skin of the turkey breast and spread the butter-ranch mixture under the skin. Transfer turkey, skin-side up, to the slow cooker. Sprinkle remaining 1/2 ranch dressing mix over turkey breast. Lay bacon strips evenly across turkey. Pour beer around turkey breast. Cook in the slow cooker set to High for 1 hour. Reduce heat to Low and cook until turkey is tender, 6 to 8 hours. Nutrition Facts

Properties

Glycemic Index:6.25, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:10.809565312189%

Nutrients (% of daily need)

Calories: 280.33kcal (14.02%), Fat: 18.09g (27.83%), Saturated Fat: 7.52g (46.99%), Carbohydrates: 2.8g (0.93%), Net Carbohydrates: 2.8g (1.02%), Sugar: 0.08g (0.09%), Cholesterol: 85.72mg (28.57%), Sodium: 692.16mg (30.09%), Alcohol: 0.91g (100%), Alcohol %: 0.7% (100%), Protein: 24.54g (49.08%), Vitamin B3: 10.88mg (54.4%), Vitamin B6: 0.84mg (41.88%), Selenium: 27.75µg (39.64%), Phosphorus: 274.22mg (27.42%), Vitamin B12: 0.77µg (12.79%), Zinc: 1.6mg (10.64%), Vitamin B2: 0.17mg (10%), Vitamin B5: 0.92mg (9.22%), Potassium: 297.31mg (8.49%), Magnesium: 29.23mg (7.31%), Vitamin B1: 0.11mg (7.23%), Vitamin A: 206.76IU (4.14%), Iron: 0.65mg (3.6%), Copper: 0.06mg (3.19%), Vitamin E: 0.34mg (2.26%), Folate: 8.81µg (2.2%), Calcium: 17.88mg (1.79%), Vitamin D: 0.21µg (1.37%)