



Slow-Cooker Garlic-Spiked Turkey Breast with Fresh Basil Mayonnaise



Gluten Free



Dairy Free

READY IN



570 min.

SERVINGS



12

CALORIES



196 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup basil fresh loosely packed
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 6 cloves garlic thinly sliced
- ☐ 0.3 cup lemon zest grated (from 3 medium or 2 large lemons)
- ☐ 1.5 teaspoons lemon pepper
- ☐ 1 cup salad dressing
- ☐ 3 pound turkey breast bone-in frozen thawed

☐ 3 tablespoons vegetable oil

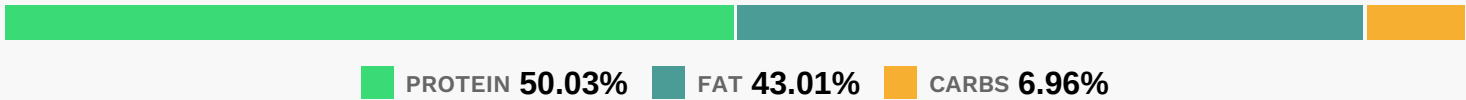
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ knife
- ☐ slow cooker

Directions

- ☐ Remove gravy packet or extra parts from turkey breast.
- ☐ Remove skin from turkey. Make cuts, 1/4 to 1/2 inch deep and 1/4 to 1/2 inch wide, in top of turkey, using small paring knife. Insert garlic slices into cuts.
- ☐ Mix lemon peel, parsley and lemon pepper seasoning salt; rub onto turkey.
- ☐ Heat 1 tablespoon oil in 12-inch skillet over medium-high heat. Cook turkey in oil until brown on all sides.
- ☐ Place turkey and any drippings in 5- to 6-quart slow cooker. Cover and cook on Low heat setting 8 to 9 hours.
- ☐ Place basil and 3 tablespoons oil in food processor. Cover and process until basil is chopped.
- ☐ Add mayonnaise. Cover and process until smooth.
- ☐ Serve sliced turkey with mayonnaise.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:0.19, Inflammation Score:-3, Nutrition Score:13.040434806243%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 196.09kcal (9.8%), Fat: 9.45g (14.54%), Saturated Fat: 1.43g (8.95%), Carbohydrates: 3.44g (1.15%), Net Carbohydrates: 3.08g (1.12%), Sugar: 2.28g (2.54%), Cholesterol: 61.24mg (20.41%), Sodium: 428.94mg (18.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.74g (49.48%), Vitamin B3: 11.33mg (56.64%), Vitamin B6: 0.92mg (45.89%), Selenium: 26.38µg (37.68%), Vitamin K: 36.89µg (35.13%), Phosphorus: 274.99mg (27.5%), Vitamin B12: 0.71µg (11.91%), Zinc: 1.54mg (10.24%), Vitamin B2: 0.17mg (10.02%), Vitamin B5: 0.9mg (9.04%), Potassium: 313mg (8.94%), Magnesium: 32.04mg (8.01%), Vitamin E: 0.8mg (5.37%), Vitamin C: 4.37mg (5.3%), Manganese: 0.09mg (4.75%), Iron: 0.83mg (4.64%), Copper: 0.08mg (4.05%), Vitamin A: 193.89IU (3.88%), Vitamin B1: 0.05mg (3.14%), Calcium: 29.38mg (2.94%), Folate: 10.66µg (2.66%), Fiber: 0.36g (1.44%)