



## Slow-Cooker Herbed Turkey and Wild Rice Casserole

 Gluten Free  Dairy Free

READY IN



410 min.

SERVINGS



6

CALORIES



357 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 6 slices bacon cut into 1/2-inch pieces
- 1 pound turkey breast tenderloins cut into 3/4-inch pieces
- 0.5 cup onion chopped
- 0.5 cup carrots chopped
- 0.5 cup celery chopped
- 3.5 cups chicken broth (from 32-ounce carton)
- 10.8 ounces cream of chicken soup canned

- 0.3 teaspoon marjoram dried
- 0.1 teaspoon pepper
- 1.3 cups rice wild rinsed uncooked drained

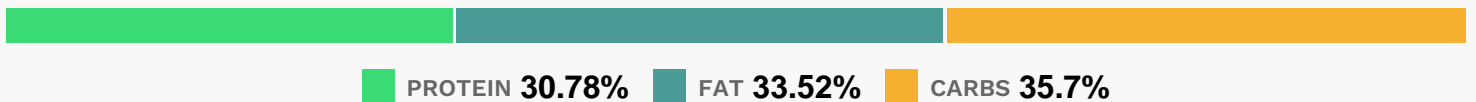
## Equipment

- frying pan
- whisk
- slow cooker

## Directions

- In 10-inch skillet, cook bacon over medium heat, stirring occasionally, until crisp. Stir in turkey. Cook 3 to 5 minutes, stirring occasionally, until turkey is brown. Stir in onion, carrot and celery. Cook 2 minutes, stirring occasionally; drain.
- In 3 1/2- to 6-quart slow cooker, beat 1 can of the broth and the soup with wire whisk until smooth. Stir in remaining can of broth, the marjoram and pepper. Stir in turkey mixture and wild rice.
- Cover and cook on high heat setting 30 minutes.
- Reduce heat to low setting. Cook 6 to 7 hours or until rice is tender and liquid is absorbed.

## Nutrition Facts



## Properties

Glycemic Index:39.47, Glycemic Load:15.04, Inflammation Score:-8, Nutrition Score:11.523043458876%

## Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

## Nutrients (% of daily need)

Calories: 356.68kcal (17.83%), Fat: 13.37g (20.57%), Saturated Fat: 4.2g (26.27%), Carbohydrates: 32.03g (10.68%), Net Carbohydrates: 29.3g (10.65%), Sugar: 2.88g (3.2%), Cholesterol: 55.07mg (18.36%), Sodium: 1078.38mg (46.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.63g (55.26%), Vitamin A: 1930.25IU (38.61%), Manganese: 0.59mg (29.48%), Phosphorus: 206.94mg (20.69%), Vitamin B3: 3.78mg (18.88%), Magnesium: 68.67mg (17.17%), Zinc: 2.55mg (17%), Copper: 0.28mg (14.15%), Vitamin B2: 0.22mg (13.18%), Vitamin B6: 0.23mg (11.3%), Fiber: 2.74g (10.96%), Folate: 40.29µg (10.07%), Selenium: 6.98µg (9.97%), Vitamin B1: 0.15mg (9.96%), Potassium: 311.56mg (8.9%), Iron: 1.46mg (8.12%), Vitamin B5: 0.66mg (6.57%), Vitamin K: 6.74µg (6.42%), Vitamin E: 0.79mg (5.29%), Calcium: 30.92mg (3.09%), Vitamin C: 1.93mg (2.34%), Vitamin B12: 0.14µg (2.29%)