



Slow-Cooker Herbed Turkey and Wild Rice Casserole (Cooking for 2)

 Gluten Free

READY IN



405 min.

SERVINGS



2

CALORIES



472 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 slices bacon cut into 1/2-inch pieces
- 6 ounces turkey breast tenderloins cut into 3/4-inch pieces
- 0.5 cup celery chopped
- 0.3 cup carrots chopped
- 0.3 cup onion chopped
- 1.8 cups chicken broth (from 32-ounce carton)
- 0.1 teaspoon marjoram dried

- 0.1 teaspoon pepper
- 0.5 cup rice wild rinsed uncooked drained
- 0.5 cup cream sour

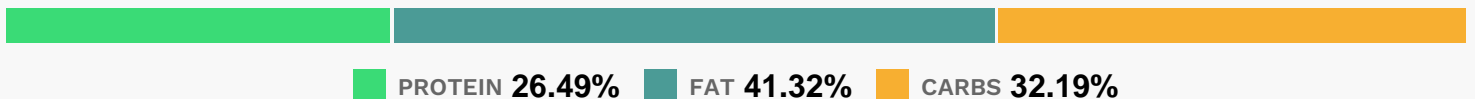
Equipment

- frying pan
- slow cooker

Directions

- In 8-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 celery, carrot and onion. Cook 2 minutes, stirring occasionally; drain.
- In 2 1/2- to 3 1/2-quart slow cooker, mix turkey mixture and remaining ingredients except sour cream.
- 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; stir in sour cream.

Nutrition Facts



Properties

Glycemic Index:96.92, Glycemic Load:16.6, Inflammation Score:-10, Nutrition Score:16.735652148724%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg

Nutrients (% of daily need)

Calories: 472.46kcal (23.62%), Fat: 22g (33.85%), Saturated Fat: 9.22g (57.65%), Carbohydrates: 38.55g (12.85%), Net Carbohydrates: 34.7g (12.62%), Sugar: 6.04g (6.72%), Cholesterol: 90.52mg (30.17%), Sodium: 1021.83mg

(44.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.73g (63.47%), Vitamin A: 4056.98IU (81.14%), Manganese: 0.73mg (36.68%), Phosphorus: 276.35mg (27.63%), Magnesium: 88.82mg (22.2%), Vitamin B3: 4.4mg (21.99%), Vitamin B2: 0.37mg (21.94%), Zinc: 3.1mg (20.65%), Vitamin B6: 0.31mg (15.55%), Fiber: 3.86g (15.42%), Folate: 58.43µg (14.61%), Copper: 0.29mg (14.4%), Potassium: 488.12mg (13.95%), Vitamin B1: 0.19mg (12.68%), Selenium: 8.72µg (12.46%), Vitamin K: 12.16µg (11.58%), Calcium: 98.22mg (9.82%), Vitamin B5: 0.91mg (9.1%), Iron: 1.23mg (6.85%), Vitamin E: 0.94mg (6.25%), Vitamin C: 4.04mg (4.9%), Vitamin B12: 0.27µg (4.53%)