



Slow Cooker Herbed Turkey Breast

 Gluten Free

READY IN



390 min.

SERVINGS



54

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 5 pound turkey breast boneless
- 0.5 cup butter sliced into pats
- 2 cups celery leaves fresh chopped
- 5 sprigs rosemary fresh divided
- 5 sprigs thyme leaves fresh divided
- 54 servings salt and ground pepper black to taste
- 1 onion white divided chopped
- 750 milliliter white wine to taste

Equipment

- paper towels
- kitchen thermometer
- slow cooker

Directions

- Rinse turkey breast and pat dry with paper towels; sprinkle with salt and black pepper.
- Place 2 rosemary sprigs, 2 thyme sprigs, 1/4 cup chopped onion, and butter slices into turkey breast cavity.
- Place celery leaves, remaining white onion, and remaining rosemary and thyme sprigs into a large slow cooker.
- Lay turkey breast over vegetables and herbs with the top facing down.
- Pour white wine into cooker and cover.
- Cook on High until meat is tender and an instant-read meat thermometer inserted into the thickest part of the breast meat reads 170 degrees (75 degrees C), about 6 hours.
- Let turkey breast rest for 15 minutes before slicing.

Nutrition Facts


■ PROTEIN 59.05% ■ FAT 35.11% ■ CARBS 5.84%

Properties

Glycemic Index:3.72, Glycemic Load:0.15, Inflammation Score:-3, Nutrition Score:4.47000001954%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 71.44kcal (3.57%), Fat: 2.42g (3.73%), Saturated Fat: 1.21g (7.55%), Carbohydrates: 0.91g (0.3%), Net Carbohydrates: 0.69g (0.25%), Sugar: 0.36g (0.4%), Cholesterol: 27.2mg (9.07%), Sodium: 107.86mg (4.69%), Alcohol: 1.45g (100%), Alcohol %: 2.66% (100%), Protein: 9.17g (18.35%), Vitamin B3: 4.22mg (21.09%), Vitamin B6: 0.34mg (17.11%), Selenium: 9.62µg (13.74%), Phosphorus: 105.11mg (10.51%), Vitamin B12: 0.27µg (4.47%), Vitamin B2: 0.07mg (4.11%), Potassium: 139.86mg (4%), Zinc: 0.58mg (3.88%), Vitamin B5: 0.36mg (3.6%), Magnesium: 13.45mg (3.36%), Vitamin K: 2.94µg (2.8%), Manganese: 0.05mg (2.28%), Vitamin A: 105.53IU (2.11%), Iron: 0.31mg (1.74%), Folate: 6.75µg (1.69%), Copper: 0.03mg (1.41%), Calcium: 12.47mg (1.25%), Vitamin B1: 0.02mg (1.17%)