



WHATSheATE



Slow-Cooker Herbed Turkey Breast



Gluten Free



Dairy Free

READY IN



485 min.

SERVINGS



8

CALORIES



238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pound turkey breast bone-in frozen thawed
- ☐ 2 tablespoons dijon honey mustard
- ☐ 0.5 teaspoon rosemary dried crumbled
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.5 teaspoon basil dried
- ☐ 0.5 teaspoon garlic
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup chicken broth (from 32-oz carton)

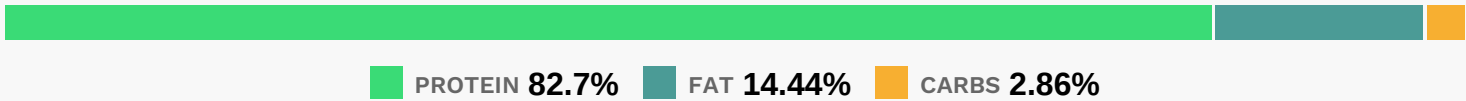
Equipment

☐ slow cooker

Directions

- ☐ Spray 5- to 6-quart slow cooker with cooking spray.
- ☐ Place turkey in cooker.
- ☐ Brush with honey mustard.
- ☐ Sprinkle with rosemary, thyme, basil, garlic pepper and salt.
- ☐ Pour broth around turkey.
- ☐ Cover and cook on Low heat setting 7 to 8 hours.

Nutrition Facts



Properties

Glycemic Index:18.13, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:19.993043505627%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg

Nutrients (% of daily need)

Calories: 238.02kcal (11.9%), Fat: 3.8g (5.85%), Saturated Fat: 0.66g (4.12%), Carbohydrates: 1.69g (0.56%), Net Carbohydrates: 1.64g (0.6%), Sugar: 0.93g (1.03%), Cholesterol: 122.76mg (40.92%), Sodium: 613.21mg (26.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.98g (97.96%), Vitamin B3: 22.55mg (112.73%), Vitamin B6: 1.76mg (88.07%), Selenium: 51.57µg (73.67%), Phosphorus: 536.42mg (53.64%), Vitamin B12: 1.43µg (23.86%), Vitamin B2: 0.34mg (19.95%), Zinc: 2.97mg (19.79%), Vitamin B5: 1.76mg (17.61%), Potassium: 554.72mg (15.85%), Magnesium: 57.55mg (14.39%), Iron: 1.32mg (7.33%), Copper: 0.12mg (6.14%), Vitamin B1: 0.08mg (5.23%), Folate: 16.15µg (4.04%), Calcium: 34.71mg (3.47%), Manganese: 0.03mg (1.72%), Vitamin D: 0.23µg (1.51%), Vitamin A: 52.27IU (1.05%), Vitamin K: 1.07µg (1.02%)