

Slow Cooker Italian Turkey



Gluten Free



Dairy Free

READY IN



515 min.

SERVINGS



6

CALORIES



24 kcal

SIDE DISH

Ingredients

- ☐ 4 beef bouillon cubes
- ☐ 0.8 ounce brown gravy mix
- ☐ 2 cloves garlic minced
- ☐ 1 bell pepper green seeded cut into strips
- ☐ 1 medium onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 1 turkey breast half boneless skinless
- ☐ 0.5 cup water

- ☐ 0.3 cup vinegar white
- ☐ 1 tablespoon worcestershire sauce

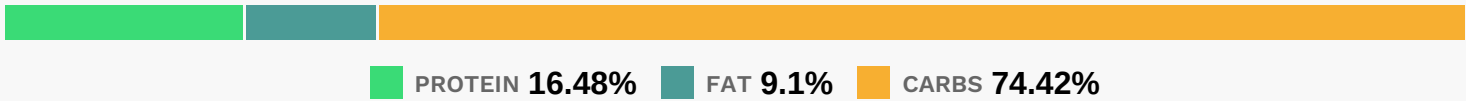
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Dissolve the beef bouillon cubes in 1 quart water, and pour into a slow cooker.
- ☐ Place turkey in slow cooker, adding more water to cover if needed.
- ☐ Cover, and cook 8 to 10 hours on Low. Two hours before end of cook time, mix the vinegar, onion, green bell pepper, garlic, oregano, and Worcestershire sauce into slow cooker.
- ☐ Blend the brown gravy mix and water in a small bowl, and stir into the slow cooker, continue cooking 20 minutes.

Nutrition Facts



Properties

Glycemic Index:20.33, Glycemic Load:0.54, Inflammation Score:-5, Nutrition Score:2.7299999802009%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

Nutrients (% of daily need)

Calories: 24.01kcal (1.2%), Fat: 0.24g (0.37%), Saturated Fat: 0.08g (0.49%), Carbohydrates: 4.41g (1.47%), Net Carbohydrates: 3.6g (1.31%), Sugar: 2.07g (2.3%), Cholesterol: 0.25mg (0.08%), Sodium: 699.51mg (30.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.95%), Vitamin C: 17.99mg (21.81%), Manganese: 0.1mg (4.87%), Vitamin B6: 0.09mg (4.38%), Vitamin K: 3.66µg (3.48%), Fiber: 0.81g (3.25%), Potassium: 103.31mg (2.95%), Iron: 0.46mg (2.56%), Vitamin B1: 0.03mg (1.98%), Phosphorus: 19.43mg (1.94%), Calcium: 19.23mg (1.92%), Folate: 7.37µg (1.84%), Magnesium: 6.97mg (1.74%), Copper: 0.03mg (1.74%), Vitamin A: 81.78IU (1.64%), Selenium: 1.05µg (1.5%), Vitamin B2: 0.02mg (1.38%), Vitamin B3: 0.25mg (1.23%)