



Slow-Cooker Italian Turkey Dinner

 Dairy Free

READY IN



390 min.

SERVINGS



6

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb turkey thighs bone-in skinless
- 14.5 oz tomatoes diced with italian-style herbs, undrained canned
- 2 tablespoons tomato paste
- 2 cloves garlic finely chopped
- 1 cup couscous uncooked
- 1.5 cups water
- 2 cups zucchini sliced

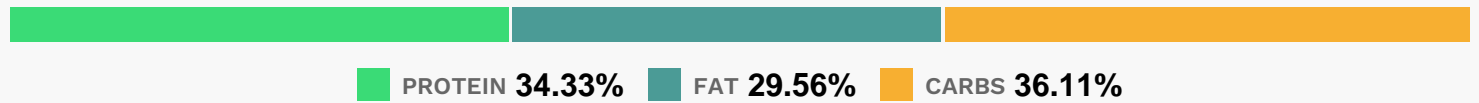
Equipment

- bowl
- slow cooker

Directions

- In 3 1/2- to 4-quart slow cooker, place turkey thighs. In small bowl, mix tomatoes, tomato paste and garlic.
- Pour over turkey.
- Cover; cook on Low heat setting 6 to 8 hours.
- About 25 minutes before serving, cook couscous in water as directed on package. Increase heat setting on slow cooker to High. Stir zucchini into tomato mixture. Cover; cook about 20 minutes longer or until zucchini is tender.
- To serve, remove bones from turkey. Stir gently to break up turkey.
- Serve over couscous.

Nutrition Facts



Properties

Glycemic Index:25.83, Glycemic Load:14.15, Inflammation Score:-4, Nutrition Score:19.014782760454%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 310.99kcal (15.55%), Fat: 10.07g (15.5%), Saturated Fat: 3.15g (19.68%), Carbohydrates: 27.69g (9.23%), Net Carbohydrates: 24.91g (9.06%), Sugar: 3.32g (3.69%), Cholesterol: 70.31mg (23.44%), Sodium: 644.97mg (28.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.33g (52.65%), Vitamin B12: 4.54µg (75.6%), Selenium: 45.94µg (65.62%), Zinc: 5.17mg (34.45%), Phosphorus: 277.61mg (27.76%), Vitamin B2: 0.45mg (26.38%), Vitamin B3: 4.57mg (22.87%), Vitamin B6: 0.43mg (21.29%), Manganese: 0.38mg (19.18%), Vitamin C: 15.25mg (18.49%), Potassium: 615.92mg (17.6%), Iron: 3.01mg (16.7%), Vitamin B5: 1.44mg (14.44%), Vitamin B1: 0.22mg (14.34%), Copper: 0.29mg (14.29%), Magnesium: 50.02mg (12.51%), Fiber: 2.78g (11.12%), Folate: 22.97µg (5.74%), Vitamin E: 0.75mg (4.97%), Calcium: 49.35mg (4.93%), Vitamin A: 244.25IU (4.88%), Vitamin K: 4.39µg (4.18%)