



 **51%**  
HEALTH SCORE

## Slow-Cooker Italian Turkey-Rice Dinner

 **Gluten Free**

READY IN



**500 min.**

SERVINGS



**4**

CALORIES



**520 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups carrots shredded
- 1 cup celery stalks sliced
- 0.5 cup bell pepper red chopped
- 0.5 teaspoon basil dried
- 0.3 cup water
- 32 oz turkey thighs skinless
- 1 teaspoon salt
- 0.3 teaspoon pepper

- 0.5 cup rice long-grain uncooked
- 1 teaspoon oregano dried
- 2 oz mozzarella cheese shredded italian-style

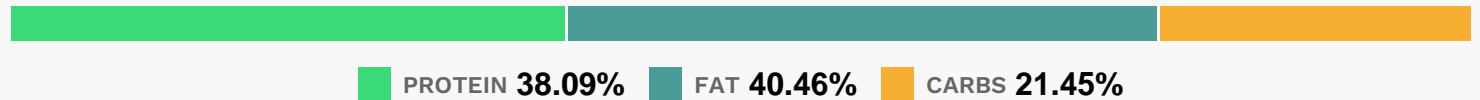
## Equipment

- slow cooker

## Directions

- In 3 1/2- to 4-quart slow cooker, mix carrots, celery, bell pepper, basil and water.
- Sprinkle turkey with salt and pepper; place on vegetable mixture.
- Cover and cook on Low heat setting 6 to 7 hours.
- Remove turkey from cooker. Stir rice and oregano into vegetable mixture; return turkey to cooker. Cover and cook on Low heat setting about 1 hour or until rice is tender.
- Remove turkey from cooker. Stir cheese into rice mixture until melted.
- Serve with turkey.

## Nutrition Facts



## Properties

Glycemic Index:59, Glycemic Load:13.61, Inflammation Score:-10, Nutrition Score:33.883912744729%

## Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

## Nutrients (% of daily need)

Calories: 519.55kcal (25.98%), Fat: 22.88g (35.2%), Saturated Fat: 8.08g (50.52%), Carbohydrates: 27.29g (9.1%), Net Carbohydrates: 24.11g (8.77%), Sugar: 4.35g (4.83%), Cholesterol: 151.81mg (50.6%), Sodium: 1728.84mg (75.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.47g (96.94%), Vitamin A: 11494.3IU (229.89%), Vitamin B12: 9.4µg (156.58%), Selenium: 96.84µg (138.34%), Zinc: 10.22mg (68.17%), Phosphorus: 499.18mg (49.92%), Vitamin B2: 0.8mg (47.27%), Vitamin C: 28.41mg (34.44%), Vitamin B3: 6.75mg (33.75%), Vitamin B6:

0.67mg (33.26%), Potassium: 905.06mg (25.86%), Iron: 4.29mg (23.81%), Vitamin B5: 2.37mg (23.72%),  
Manganese: 0.45mg (22.44%), Vitamin K: 22.56µg (21.49%), Vitamin B1: 0.31mg (20.4%), Copper: 0.33mg (16.55%),  
Magnesium: 62.53mg (15.63%), Calcium: 141.02mg (14.1%), Fiber: 3.18g (12.72%), Folate: 36.52µg (9.13%), Vitamin E:  
0.94mg (6.29%)