



Slow-Cooker Italian Turkey Sandwiches

READY IN



440 min.

SERVINGS



12

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 lb turkey thighs skinless
- 0.3 cup salad dressing italian
- 12 small sandwich rolls french (3 inches long)
- 6.5 oz alouette garlic & herbs spreadable cheese
- 7.3 oz roasted peppers red drained cut into strips

Equipment

- slotted spoon
- slow cooker

cutting board

Directions

Place turkey in 3- to 4-quart slow cooker.

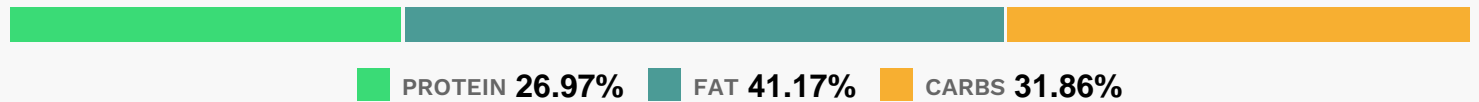
Cover; cook on Low heat setting 7 to 8 hours.

With slotted spoon, remove turkey from cooker; place on cutting board. Discard liquid in cooker.

Remove bones from turkey and discard. With 2 forks, shred turkey. Return turkey to cooker. Stir in Italian dressing.

Cut rolls horizontally in half. To serve, spread bottom half of each roll with 1 rounded tablespoon spreadable cheese; top with 1/3 cup turkey and some of the roasted peppers. Turkey mixture will hold on Low heat setting up to 2 hours; stir occasionally.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:19.749999974085%

Nutrients (% of daily need)

Calories: 417.21kcal (20.86%), Fat: 18.86g (29.01%), Saturated Fat: 6.61g (41.33%), Carbohydrates: 32.83g (10.94%), Net Carbohydrates: 31.32g (11.39%), Sugar: 1.71g (1.9%), Cholesterol: 87mg (29%), Sodium: 1188.39mg (51.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.79g (55.59%), Selenium: 67.83µg (96.9%), Vitamin B12: 4.54µg (75.6%), Zinc: 5.22mg (34.8%), Vitamin B2: 0.54mg (31.58%), Vitamin B3: 5.24mg (26.21%), Vitamin B1: 0.39mg (26.1%), Phosphorus: 255.32mg (25.53%), Iron: 3.72mg (20.69%), Manganese: 0.29mg (14.58%), Folate: 58.02µg (14.51%), Vitamin B6: 0.28mg (14.07%), Copper: 0.23mg (11.49%), Vitamin B5: 1.15mg (11.47%), Potassium: 365.34mg (10.44%), Vitamin C: 7.99mg (9.69%), Magnesium: 36.88mg (9.22%), Calcium: 71.09mg (7.11%), Fiber: 1.52g (6.07%), Vitamin K: 4µg (3.81%), Vitamin E: 0.38mg (2.55%), Vitamin A: 91.41IU (1.83%)