



Slow-Cooker Italian Turkey Wraps

READY IN



500 min.

SERVINGS



8

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds turkey thighs skinless
- 7 ounces roasted peppers red drained coarsely chopped (1 cup)
- 2 medium onion sliced cut in half and
- 1 teaspoon salt
- 2 cups chicken broth (from 32-ounce carton)
- 2 teaspoons seasoning italian
- 8 8-inch flour tortilla (es in diameter)
- 8 ounce provolone cheese cut in half

Equipment

- slotted spoon
- slow cooker
- cutting board

Directions

- Place turkey, bell peppers and onions in 4- to 5-quart slow cooker.
- Sprinkle with salt.
- Pour broth over turkey.
- Cover and cook on Low heat setting 7 to 8 hours.
- Remove turkey from cooker; place on cutting board. Shred turkey, using 2 forks. Stir turkey and Italian seasoning into mixture in cooker. Using slotted spoon to remove turkey mixture from cooker, fill each tortilla with about 2/3 cup turkey mixture. Top with cheese; roll up.

Nutrition Facts

 **PROTEIN 33.21%**  **FAT 44.36%**  **CARBS 22.43%**

Properties

Glycemic Index:11.63, Glycemic Load:8.7, Inflammation Score:-6, Nutrition Score:28.166086826635%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 542.93kcal (27.15%), Fat: 26.32g (40.49%), Saturated Fat: 10.97g (68.55%), Carbohydrates: 29.94g (9.98%), Net Carbohydrates: 27.18g (9.88%), Sugar: 3.49g (3.88%), Cholesterol: 126.2mg (42.07%), Sodium: 2174.25mg (94.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.34g (88.68%), Vitamin B12: 7.23µg (120.49%), Selenium: 83.99µg (119.99%), Zinc: 8.31mg (55.38%), Phosphorus: 552.57mg (55.26%), Vitamin B2: 0.8mg (46.9%), Vitamin B3: 6.7mg (33.5%), Calcium: 329.4mg (32.94%), Vitamin B1: 0.46mg (30.94%), Iron: 5.03mg (27.97%), Vitamin B6: 0.47mg (23.67%), Manganese: 0.38mg (19.13%), Potassium: 606.11mg (17.32%), Vitamin C:

13.58mg (16.46%), Vitamin B5: 1.63mg (16.33%), Folate: 62.85µg (15.71%), Copper: 0.29mg (14.28%), Magnesium: 55.5mg (13.87%), Fiber: 2.76g (11.05%), Vitamin A: 388.7IU (7.77%), Vitamin K: 7.51µg (7.16%), Vitamin E: 0.19mg (1.24%)