



## Slow-Cooker Open-Face Turkey Parmigiana Sandwiches

READY IN



5 min.

SERVINGS



14

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3.5 pounds turkey thighs skinless
- ☐ 6 ounces canned tomatoes italian-style canned
- ☐ 15 ounces tomato sauce italian-style canned
- ☐ 14 slices texas toast croutons frozen
- ☐ 8 ounces cheese shredded italian-style

### Equipment

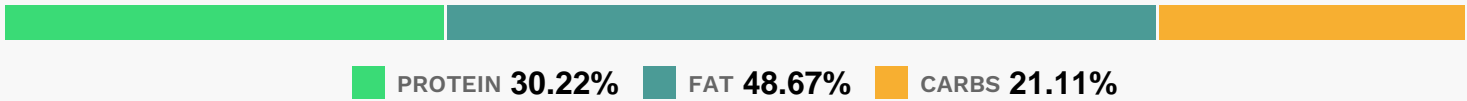
- ☐ oven

- ☐ slow cooker
- ☐ cutting board
- ☐ broiler pan

## Directions

- ☐ Place turkey in 3 1/2- to 4-quart slow cooker. Top with tomato paste and tomato sauce.
- ☐ Cover and cook on low heat setting 8 to 10 hours.
- ☐ Remove turkey from cooker; place on cutting board.
- ☐ Remove bones using 2 forks; discard. Pull turkey into large chunks; gently stir into sauce in cooker.
- ☐ Set oven control to broil.
- ☐ Place Texas toast on broiler pan rack. Broil with tops 4 to 6 inches from heat 1 1/2 minutes on each side or until golden brown. To serve, spoon about 1/2 cup turkey mixture over each toast slice and top with about 2 tablespoons cheese.

## Nutrition Facts



## Properties

Glycemic Index:7.86, Glycemic Load:0.87, Inflammation Score:-3, Nutrition Score:17.222608672536%

## Nutrients (% of daily need)

Calories: 378.21kcal (18.91%), Fat: 20.38g (31.36%), Saturated Fat: 7.21g (45.06%), Carbohydrates: 19.89g (6.63%), Net Carbohydrates: 18.21g (6.62%), Sugar: 3.78g (4.2%), Cholesterol: 83.1mg (27.7%), Sodium: 966.73mg (42.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.47g (56.95%), Vitamin B12: 4.91µg (81.75%), Selenium: 48.37µg (69.1%), Iron: 8.22mg (45.68%), Zinc: 5.22mg (34.81%), Phosphorus: 263.35mg (26.33%), Vitamin B2: 0.41mg (24.24%), Vitamin B3: 3.19mg (15.94%), Vitamin B6: 0.28mg (14.04%), Potassium: 411.41mg (11.75%), Vitamin B5: 1.06mg (10.58%), Calcium: 99.26mg (9.93%), Vitamin B1: 0.13mg (8.98%), Copper: 0.17mg (8.62%), Magnesium: 29.5mg (7.38%), Fiber: 1.69g (6.75%), Vitamin A: 267.15IU (5.34%), Vitamin E: 0.62mg (4.13%), Vitamin C: 3.24mg (3.93%), Manganese: 0.06mg (2.98%), Vitamin K: 1.87µg (1.78%), Folate: 6.58µg (1.65%)