



Slow Cooker Pulled Turkey Sandwiches

 Dairy Free

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READY IN

ready

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390 min.

SERVINGS

servings

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6

CALORIES

calories

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546 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon apple cider vinegar
- ☐ 1 tablespoon chili powder
- ☐ 1 teaspoon ground cumin
- ☐ 1 slices serving suggestions: hamburger buns prepared seeded
- ☐ 0.5 cup catsup
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup brown sugar light packed
- ☐ 1 small onion red chopped

- ☐ 4 pounds turkey thighs
- ☐ 2 tablespoons mustard yellow

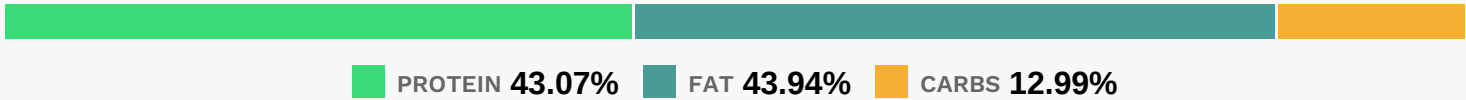
Equipment

- ☐ slow cooker

Directions

- ☐ Spread the onions in the bottom of a 6- to 8-quart slow cooker. Rub the turkey thighs with the chili powder, cumin, 1 teaspoon salt and 1/2 teaspoon pepper and place over the onions. Stir together the ketchup, sugar and mustard and pour over the turkey. Cover and cook on low for 5 to 6 hours or on high for 3 to 4 hours. The turkey should be very tender with the meat falling off the bones.
- ☐ Uncover and stir.
- ☐ Let cool for 10 minutes. Using two forks, shred the turkey meat, discarding the bones. Stir in the vinegar and season to taste with salt and pepper.
- ☐ Serve on hamburger buns with pickles and/or coleslaw if desired.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:0.47, Inflammation Score:-6, Nutrition Score:27.863913173261%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

Nutrients (% of daily need)

Calories: 546.43kcal (27.32%), Fat: 26.19g (40.29%), Saturated Fat: 8.23g (51.43%), Carbohydrates: 17.43g (5.81%), Net Carbohydrates: 16.32g (5.93%), Sugar: 14.13g (15.7%), Cholesterol: 187.48mg (62.49%), Sodium: 1584.56mg (68.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.75g (115.5%), Vitamin B12: 12.1µg (201.6%), Selenium: 123.34µg (176.2%), Zinc: 12.57mg (83.83%), Vitamin B2: 0.96mg (56.64%), Phosphorus: 539.57mg (53.96%), Vitamin B3: 7.78mg (38.9%), Vitamin B6: 0.7mg (34.77%), Iron: 5.26mg (29.23%), Vitamin B5: 2.49mg (24.91%), Potassium: 866.75mg (24.76%), Vitamin B1: 0.33mg (21.93%), Copper: 0.35mg (17.62%), Magnesium:

62.61mg (15.65%), Vitamin A: 506.63IU (10.13%), Manganese: 0.12mg (6.19%), Vitamin E: 0.83mg (5.56%), Calcium: 50.53mg (5.05%), Fiber: 1.11g (4.46%), Vitamin C: 2.23mg (2.71%), Folate: 9.33µg (2.33%), Vitamin K: 2.35µg (2.24%)