



Slow-Cooker Santa Fe Turkey Breast



Gluten Free



Dairy Free

READY IN



375 min.

SERVINGS



8

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 lb turkey breast split bone-in frozen thawed
- ☐ 1 cup salsa thick
- ☐ 2 tablespoons honey
- ☐ 1 tablespoon chipotles in adobo chopped (from 7-oz can)
- ☐ 2 tablespoons cornstarch
- ☐ 2 tablespoons water cold

Equipment

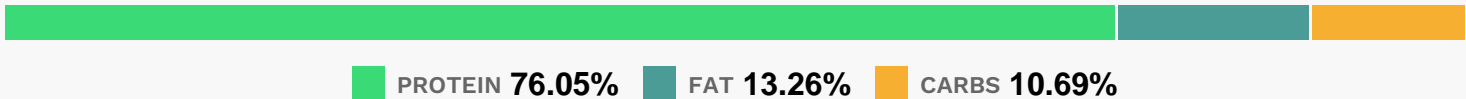
- ☐ bowl

- ☐ microwave
- ☐ measuring cup
- ☐ slow cooker

Directions

- ☐ Spray 5- to 6-quart slow cooker with cooking spray.
- ☐ Place turkey in cooker. In small bowl, mix salsa, honey and chile; pour over turkey.
- ☐ Cover; cook on Low heat setting 6 to 7 hours.
- ☐ Remove turkey from cooker.
- ☐ Remove skin from turkey breast.
- ☐ Cut turkey into 24 slices; place on platter and cover to keep warm.
- ☐ Pour juices from cooker into 4-cup microwavable measuring cup or bowl. In small bowl, mix cornstarch and cold water until smooth; stir into juices in cup. Microwave uncovered on High 3 to 5 minutes, stirring every minute, until mixture boils and thickens.
- ☐ Serve with turkey.

Nutrition Facts



Properties

Glycemic Index:6.53, Glycemic Load:2.26, Inflammation Score:-5, Nutrition Score:24.252608501393%

Nutrients (% of daily need)

Calories: 320.59kcal (16.03%), Fat: 4.77g (7.34%), Saturated Fat: 0.83g (5.16%), Carbohydrates: 8.65g (2.88%), Net Carbohydrates: 7.85g (2.86%), Sugar: 5.82g (6.46%), Cholesterol: 153.09mg (51.03%), Sodium: 797.8mg (34.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.55g (123.11%), Vitamin B3: 28.5mg (142.52%), Vitamin B6: 2.26mg (112.78%), Selenium: 64.74µg (92.49%), Phosphorus: 679.92mg (67.99%), Vitamin B12: 1.79µg (29.77%), Zinc: 3.76mg (25.09%), Vitamin B2: 0.42mg (24.91%), Vitamin B5: 2.27mg (22.66%), Potassium: 772.7mg (22.08%), Magnesium: 75.95mg (18.99%), Iron: 1.74mg (9.69%), Copper: 0.17mg (8.6%), Vitamin B1: 0.1mg (7%), Folate: 21.25µg (5.31%), Calcium: 49.26mg (4.93%), Vitamin A: 212.79IU (4.26%), Vitamin E: 0.57mg (3.78%), Fiber: 0.8g (3.2%), Manganese: 0.06mg (3.09%), Vitamin D: 0.28µg (1.89%), Vitamin K: 1.37µg (1.3%)