



Slow-Cooker Savory Turkey Breast



Gluten Free



Dairy Free

READY IN



495 min.

SERVINGS



12

CALORIES



118 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 lb turkey breast bone-in frozen thawed
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup celery chopped
- ☐ 1 bay leaves dried
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon chicken soup base
- ☐ 0.5 cup water

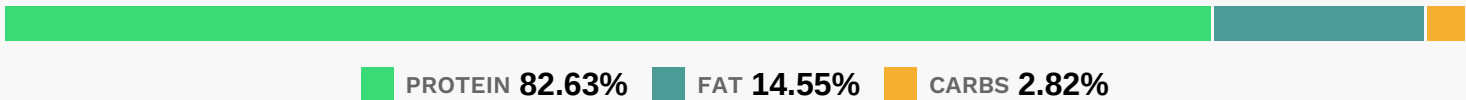
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Remove gravy packet or extra parts from turkey breast.
- ☐ Place onion, celery and bay leaf in cavity of turkey. In 5- to 6-quart slow cooker, place turkey.
- ☐ Sprinkle turkey with salt and pepper. In small bowl, mix bouillon and water until granules are dissolved; pour over turkey.
- ☐ Cover and cook on Low heat setting 8 to 9 hours.
- ☐ Remove bay leaf.

Nutrition Facts



Properties

Glycemic Index:7.58, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:10.559999994278%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 118.47kcal (5.92%), Fat: 1.92g (2.96%), Saturated Fat: 0.34g (2.12%), Carbohydrates: 0.84g (0.28%), Net Carbohydrates: 0.63g (0.23%), Sugar: 0.43g (0.47%), Cholesterol: 61.26mg (20.42%), Sodium: 471.33mg (20.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.57g (49.13%), Vitamin B3: 11.28mg (56.4%), Vitamin B6: 0.89mg (44.53%), Selenium: 25.84µg (36.92%), Phosphorus: 270.98mg (27.1%), Vitamin B12: 0.71µg (11.92%), Vitamin B2: 0.17mg (9.97%), Zinc: 1.49mg (9.96%), Vitamin B5: 0.9mg (9%), Potassium: 296.8mg (8.48%), Magnesium: 29.83mg (7.46%), Iron: 0.65mg (3.61%), Copper: 0.07mg (3.3%), Vitamin B1: 0.04mg (2.78%), Folate: 10.8µg (2.7%), Calcium: 20.26mg (2.03%), Manganese: 0.03mg (1.65%), Vitamin K: 1.4µg (1.33%)