



Slow-Cooker Shredded Turkey Gyros

READY IN



560 min.

SERVINGS



6

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter softened
- 6 cloves garlic finely chopped
- 1 teaspoon salt
- 1.5 teaspoons oregano dried
- 1 teaspoon hot sauce red
- 1.5 lb turkey thighs skinless
- 1 cup onion red halved sliced
- 1 cup yogurt plain
- 1 teaspoon dill dried

- 1 teaspoon garlic clove finely chopped
- 6 wholewheat pita breads (without pocket)
- 0.8 cup tomatoes chopped

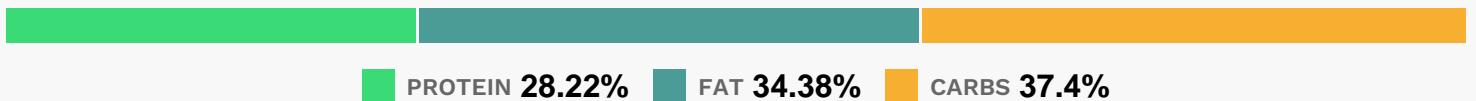
Equipment

- bowl
- slotted spoon
- slow cooker

Directions

- Spray 4-quart slow cooker with cooking spray. In small bowl, mix butter, garlic, 3/4 teaspoon of the salt, the oregano and pepper sauce. Rub mixture onto turkey thighs.
- Place onion in slow cooker; top with turkey thighs. Cover; cook on Low heat setting 7 to 9 hours or until turkey pulls apart easily with fork. Meanwhile, in medium bowl, stir together the yogurt, dill, garlic, cucumber and remaining 1/4 teaspoon salt; cover and refrigerate until serving.
- Remove turkey from slow cooker; remove from bones. Shred turkey; stir into mixture remaining in slow cooker. Using slotted spoon, divide meat and onion mixture among 6 pita folds. Top with yogurt sauce; pass additional sauce at table.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:30.5, Inflammation Score:-7, Nutrition Score:19.159565149442%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 411.55kcal (20.58%), Fat: 15.51g (23.86%), Saturated Fat: 4.82g (30.11%), Carbohydrates: 37.96g (12.65%), Net Carbohydrates: 35.74g (13%), Sugar: 3.59g (3.99%), Cholesterol: 75.62mg (25.21%), Sodium: 1266.76mg (55.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.64g (57.27%), Vitamin B12: 4.69µg (78.19%), Selenium: 46.91µg (67.02%), Zinc: 5.5mg (36.66%), Phosphorus: 307.37mg (30.74%), Vitamin B2: 0.47mg (27.79%), Manganese: 0.42mg (20.9%), Vitamin B3: 4.15mg (20.74%), Vitamin B1: 0.3mg (20.21%), Vitamin B6: 0.36mg (17.94%), Iron: 2.94mg (16.35%), Potassium: 515.7mg (14.73%), Vitamin B5: 1.37mg (13.68%), Calcium: 133.62mg (13.36%), Copper: 0.25mg (12.37%), Magnesium: 46.61mg (11.65%), Fiber: 2.22g (8.88%), Vitamin C: 6.42mg (7.79%), Vitamin A: 382.68IU (7.65%), Folate: 26.67µg (6.67%), Vitamin K: 4.84µg (4.61%), Vitamin E: 0.37mg (2.47%)