



Slow-Cooker Turkey and Dressing Sandwiches

 Dairy Free

READY IN



550 min.

SERVINGS



16

CALORIES



222 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 turkey thighs boneless skinless cut into 1-inch cubes
- 0.5 cup onion chopped
- 0.5 cup celery chopped
- 0.5 cup carrots chopped
- 14 ounces bread stuffing mix
- 2 cups chicken broth (from 32-ounce carton)
- 16 hawaiian rolls

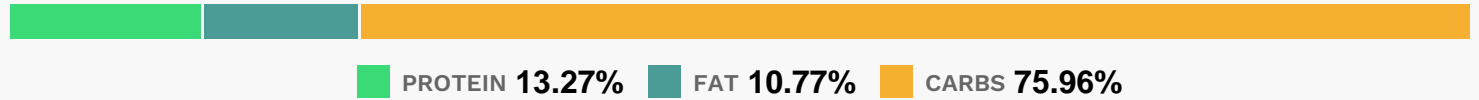
Equipment

slow cooker

Directions

- Toss all ingredients except buns in 3 1/2- to 4-quart slow cooker.
- Cover and cook on low heat setting 8 to 9 hours.
- To serve, scoop about 1/2 cup turkey mixture into each bun.

Nutrition Facts



Properties

Glycemic Index:10.49, Glycemic Load:13.12, Inflammation Score:-6, Nutrition Score:9.5165218166683%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 221.76kcal (11.09%), Fat: 2.62g (4.03%), Saturated Fat: 0.58g (3.65%), Carbohydrates: 41.52g (13.84%), Net Carbohydrates: 39.7g (14.44%), Sugar: 5.75g (6.39%), Cholesterol: 0.91mg (0.3%), Sodium: 675.95mg (29.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.26g (14.51%), Selenium: 23.81µg (34.02%), Vitamin B1: 0.39mg (26.22%), Folate: 84.94µg (21.24%), Manganese: 0.41mg (20.7%), Vitamin B3: 3.35mg (16.75%), Vitamin B2: 0.25mg (14.77%), Iron: 2.47mg (13.73%), Vitamin A: 684.03IU (13.68%), Calcium: 90.9mg (9.09%), Phosphorus: 83.4mg (8.34%), Fiber: 1.82g (7.26%), Copper: 0.12mg (5.76%), Magnesium: 21.45mg (5.36%), Potassium: 147.38mg (4.21%), Zinc: 0.59mg (3.95%), Vitamin B6: 0.08mg (3.95%), Vitamin K: 3.81µg (3.63%), Vitamin E: 0.26mg (1.72%), Vitamin B12: 0.1µg (1.7%), Vitamin C: 1.26mg (1.53%), Vitamin B5: 0.13mg (1.27%)