



Slow Cooker Turkey and Vegetables



Gluten Free



Dairy Free



Very Healthy

READY IN



505 min.

SERVINGS



6

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6.5 ounce artichoke hearts drained
- ☐ 0.5 pound baby carrots
- ☐ 15 ounce garbanzo beans drained canned
- ☐ 14.5 ounce canned tomatoes diced with juice canned
- ☐ 2 cubes chicken bouillon
- ☐ 1 bell pepper green cut into chunks
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 3 parsnips cubed peeled

- ☐ 2 pounds turkey thighs skinless cubed
- ☐ 1 baby squash yellow cubed

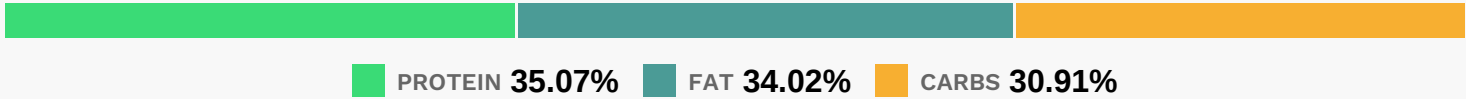
Equipment

- ☐ slow cooker

Directions

- ☐ Sprinkle the turkey thigh cubes with salt and black pepper, and place into a slow cooker.
- ☐ Pour the diced tomatoes over the turkey, and follow with the artichoke hearts in a layer.
- ☐ Place the parsnips, baby carrots, yellow squash, and green bell pepper into the cooker, and pour in the chicken broth to cover.
- ☐ Place the bouillon cubes into the broth. Cover, and cook on Low for 8 to 10 hours.
- ☐ Pour in the garbanzo beans in the last hour.
- ☐ Garnish with fresh dill.

Nutrition Facts



Properties

Glycemic Index:27.72, Glycemic Load:8.18, Inflammation Score:-10, Nutrition Score:35.309130834497%

Flavonoids

Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 387.65kcal (19.38%), Fat: 14.61g (22.48%), Saturated Fat: 4.3g (26.89%), Carbohydrates: 29.88g (9.96%), Net Carbohydrates: 20.67g (7.52%), Sugar: 6.95g (7.72%), Cholesterol: 93.74mg (31.25%), Sodium: 1011mg (43.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.9g (67.8%), Vitamin A: 5362.43IU (107.25%), Vitamin B12: 6.05µg (100.8%), Selenium: 63.7µg (91.01%), Manganese: 1.16mg (58.25%), Zinc: 7.33mg (48.88%), Vitamin C: 35.73mg (43.31%), Vitamin B6: 0.86mg (43.15%), Phosphorus: 397.4mg (39.74%), Fiber: 9.21g (36.83%), Vitamin B2: 0.57mg (33.45%), Potassium: 968.3mg (27.67%), Vitamin B3: 4.73mg (23.65%), Folate: 92.84µg (23.21%), Iron: 4.12mg (22.92%), Vitamin K: 23.6µg (22.48%), Vitamin B5: 2.11mg (21.1%), Copper: 0.42mg (21.08%), Magnesium: 78.81mg (19.7%), Vitamin B1: 0.28mg (18.8%), Vitamin E: 1.27mg (8.46%), Calcium: 84.24mg (8.42%)