



Slow-Cooker Turkey Barbecue Sandwiches

 Dairy Free

READY IN



565 min.

SERVINGS



16

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup brown sugar packed
- 4 teaspoons chili powder
- 2 tablespoons flour all-purpose
- 2 cups bell pepper green chopped (2 medium)
- 1.5 teaspoons ground mustard dry
- 2 cups onion chopped (4 medium)
- 1 teaspoon salt
- 16 sandwich rolls split

- 6 oz canned tomatoes canned
- 3 lb turkey breast tenderloins
- 0.3 cup vinegar
- 1 tablespoon worcestershire sauce

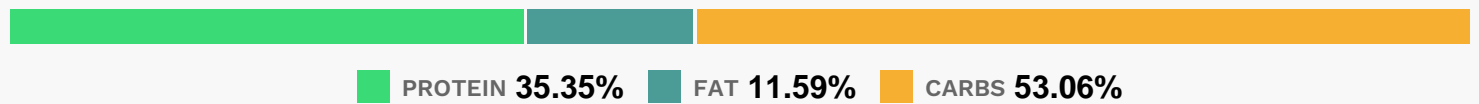
Equipment

- slow cooker

Directions

- In 4- to 5-quart slow cooker, mix all ingredients except buns.
- Cover; cook on Low setting 7 to 9 hours.
- Break turkey into pieces with spoon; serve in buns.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:1.2, Inflammation Score:-5, Nutrition Score:9.4273913010307%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 297.98kcal (14.9%), Fat: 3.81g (5.86%), Saturated Fat: 0.76g (4.75%), Carbohydrates: 39.26g (13.09%), Net Carbohydrates: 36.87g (13.41%), Sugar: 7.38g (8.2%), Cholesterol: 37.97mg (12.66%), Sodium: 551.18mg (23.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.16g (52.31%), Selenium: 23.34µg (33.34%), Vitamin C: 17.59mg (21.32%), Vitamin B1: 0.31mg (20.74%), Manganese: 0.36mg (17.76%), Folate: 63.48µg (15.87%), Vitamin B3: 2.79mg (13.97%), Iron: 2.35mg (13.06%), Vitamin B2: 0.22mg (12.87%), Fiber: 2.39g (9.57%), Phosphorus: 74.97mg (7.5%), Copper: 0.14mg (7.23%), Calcium: 71.79mg (7.18%), Magnesium: 23.62mg (5.9%), Vitamin B6: 0.12mg (5.76%), Potassium: 181.35mg (5.18%), Vitamin A: 241.32IU (4.83%), Zinc: 0.67mg (4.44%), Vitamin E: 0.65mg (4.31%), Vitamin B5: 0.32mg (3.22%), Vitamin K: 2.92µg (2.78%)