



Slow-Cooker Turkey BBQ Sandwiches

 Dairy Free

READY IN



430 min.

SERVINGS



16

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 lb turkey thighs skinless
- ☐ 1 teaspoon chili powder
- ☐ 1 teaspoon salt
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup vinegar white
- ☐ 1 tablespoon worcestershire sauce
- ☐ 12 oz chili sauce
- ☐ 16 portugese rolls

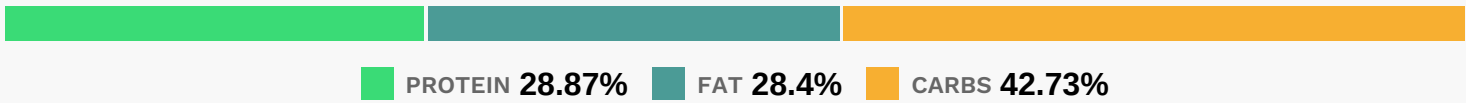
Equipment

- ☐ bowl
- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ In 3 1/2- to 4-quart slow cooker, place turkey.
- ☐ Sprinkle with chili powder and salt. In medium bowl, mix remaining ingredients except rolls; pour over turkey.
- ☐ Cover and cook on Low heat setting 7 to 8 hours.
- ☐ Remove turkey from slow cooker to cutting board.
- ☐ Cut turkey into thin slices; discard bones. Stir turkey back into sauce. Fill rolls with turkey and sauce.

Nutrition Facts



Properties

Glycemic Index:7.69, Glycemic Load:22.96, Inflammation Score:-2, Nutrition Score:16.363478283519%

Nutrients (% of daily need)

Calories: 385.79kcal (19.29%), Fat: 11.92g (18.34%), Saturated Fat: 3.07g (19.21%), Carbohydrates: 40.37g (13.46%), Net Carbohydrates: 38.75g (14.09%), Sugar: 10.61g (11.79%), Cholesterol: 70.31mg (23.44%), Sodium: 1235.23mg (53.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.27g (54.53%), Vitamin B12: 4.54µg (75.6%), Iron: 12.63mg (70.14%), Selenium: 45.69µg (65.26%), Zinc: 4.69mg (31.28%), Vitamin B2: 0.36mg (21.04%), Phosphorus: 206.28mg (20.63%), Vitamin B3: 3.09mg (15.44%), Vitamin B6: 0.26mg (13.24%), Potassium: 367.58mg (10.5%), Vitamin B5: 0.91mg (9.13%), Vitamin B1: 0.13mg (8.91%), Copper: 0.15mg (7.32%), Fiber: 1.62g (6.48%), Magnesium: 22.51mg (5.63%), Vitamin C: 3.54mg (4.29%), Vitamin A: 182.48IU (3.65%), Vitamin E: 0.46mg (3.05%), Calcium: 24.45mg (2.44%), Vitamin K: 1.25µg (1.19%)