



Slow-Cooker Turkey Breast



Gluten Free



Dairy Free

READY IN



440 min.

SERVINGS



8

CALORIES



183 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 medium potatoes – remove skin red cut into 1-inch pieces (4 cups)
- ☐ 8 medium carrots cut into 1-inch pieces (2 cups)
- ☐ 1 small onion cut into wedges (1/2 cup)
- ☐ 1 turkey breast bone-in with gravy packet (5 to 6 lb)

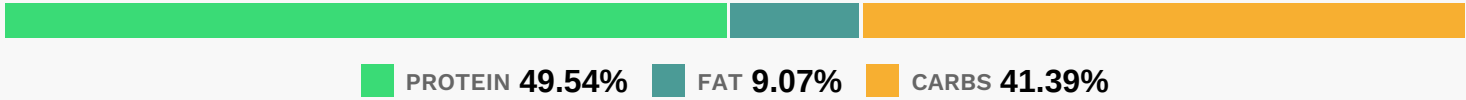
Equipment

- ☐ kitchen thermometer
- ☐ slow cooker

Directions

- ☐ In 5- to 6-quart slow cooker, mix potatoes, carrots, onion and gravy from turkey breast.
- ☐ Place turkey breast on top.
- ☐ Cover; cook on Low heat setting 7 to 8 hours or until vegetables are tender and thermometer inserted in center of turkey reads 170°F.

Nutrition Facts



Properties

Glycemic Index:9.23, Glycemic Load:2.12, Inflammation Score:-10, Nutrition Score:19.0717390983%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 182.9kcal (9.14%), Fat: 1.89g (2.9%), Saturated Fat: 0.33g (2.08%), Carbohydrates: 19.36g (6.45%), Net Carbohydrates: 16.15g (5.87%), Sugar: 4.34g (4.82%), Cholesterol: 52.65mg (17.55%), Sodium: 257.67mg (11.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.17g (46.35%), Vitamin A: 10215.93IU (204.32%), Vitamin B3: 11.2mg (56.02%), Vitamin B6: 0.99mg (49.3%), Selenium: 22.64µg (32.34%), Phosphorus: 302.71mg (30.27%), Potassium: 807.36mg (23.07%), Vitamin C: 11.12mg (13.47%), Fiber: 3.21g (12.86%), Magnesium: 50.14mg (12.54%), Vitamin B2: 0.2mg (11.99%), Vitamin B5: 1.16mg (11.56%), Zinc: 1.69mg (11.28%), Manganese: 0.22mg (10.9%), Vitamin B12: 0.61µg (10.24%), Vitamin K: 10.4µg (9.91%), Copper: 0.19mg (9.43%), Vitamin B1: 0.14mg (9.41%), Folate: 34.46µg (8.61%), Iron: 1.31mg (7.28%), Calcium: 43.78mg (4.38%), Vitamin E: 0.47mg (3.14%)