



Slow-Cooker Turkey Breast Stuffed with Wild Rice and Cranberries

 Gluten Free  Dairy Free

READY IN



500 min.

SERVINGS



10

CALORIES



307 kcal

SIDE DISH

Ingredients

- 4 cups rice wild cooked
- 0.8 cup onion finely chopped (1 large)
- 0.5 cup cranberries dried sweetened
- 0.3 cup slivered almonds
- 2 cups apples peeled unpeeled coarsely chopped
- 4 lb turkey breast whole boneless frozen thawed

Equipment

- bowl
- kitchen thermometer
- slow cooker

Directions

- In large bowl, mix all ingredients except turkey.
- Cut turkey into slices at 1-inch intervals about three-fourths of the way through, forming deep pockets.
- In 3- to 4-quart slow cooker, place turkey. Stuff pockets with wild rice mixture.
- Place remaining rice mixture around edge of slow cooker.
- Cover; cook on Low heat setting 8 to 9 hours or until juice of turkey is clear when center of thickest part is cut (170°F). Thermometer inserted in center of stuffing should read 165°F.

Nutrition Facts



Properties

Glycemic Index:6.9, Glycemic Load:1.19, Inflammation Score:-5, Nutrition Score:20.873043531957%

Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 1.9mg, Epicatechin: 1.9mg, Epicatechin: 1.9mg, Epicatechin: 1.9mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 306.82kcal (15.34%), Fat: 5.15g (7.93%), Saturated Fat: 0.71g (4.44%), Carbohydrates: 24.37g (8.12%), Net Carbohydrates: 21.61g (7.86%), Sugar: 8.23g (9.15%), Cholesterol: 97.98mg (32.66%), Sodium: 376.8mg (16.38%),

Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 42.67g (85.34%), Vitamin B3: 19.05mg (95.25%), Vitamin B6: 1.53mg (76.33%), Selenium: 41.96µg (59.94%), Phosphorus: 506.01mg (50.6%), Zinc: 3.39mg (22.58%), Vitamin B2: 0.37mg (21.92%), Magnesium: 78.76mg (19.69%), Vitamin B12: 1.14µg (19.05%), Potassium: 578.96mg (16.54%), Manganese: 0.32mg (16.01%), Vitamin B5: 1.57mg (15.67%), Copper: 0.23mg (11.3%), Fiber: 2.76g (11.02%), Vitamin E: 1.36mg (9.08%), Iron: 1.59mg (8.81%), Folate: 34.37µg (8.59%), Vitamin B1: 0.11mg (7.46%), Calcium: 41.86mg (4.19%), Vitamin C: 2.05mg (2.48%), Vitamin K: 1.39µg (1.32%), Vitamin D: 0.18µg (1.21%), Vitamin A: 52.03IU (1.04%)