



Slow-Cooker Turkey Breast with Cranberry-Onion Gravy

 Dairy Free

READY IN



445 min.

SERVINGS



8

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 lb turkey breast fresh whole thawed ()
- ☐ 15 oz roasted cranberry sauce canned
- ☐ 1 oz onion soup mix
- ☐ 1 tablespoon mustard yellow prepared
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup water
- ☐ 3 tablespoons cornstarch

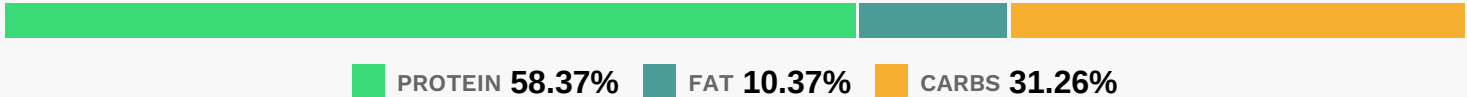
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ kitchen thermometer
- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ Remove and discard skin from turkey breast; place turkey in 5- to 6-quart slow cooker.
- ☐ In small bowl, mix cranberry sauce, soup mix, mustard and salt until well blended; pour over turkey.
- ☐ Cover; cook on Low setting 6 to 7 hours or until meat thermometer inserted into thickest portion of turkey breast reads 170°F.
- ☐ About 15 minutes before serving, remove turkey from slow cooker; place on cutting board and cover to keep warm.
- ☐ Place fine strainer over 3-quart saucepan. Carefully pour cooking juices from slow cooker through strainer into saucepan.
- ☐ In small bowl, blend water and cornstarch until smooth; stir into strained liquid in saucepan.
- ☐ Heat to boiling over medium-high heat, stirring constantly; boil 1 minute.
- ☐ Cut turkey into slices; arrange on serving platter. Spoon about 1/2 cup gravy over turkey.
- ☐ Serve with remaining gravy.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:20.90826062275%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 336.54kcal (16.83%), Fat: 3.92g (6.03%), Saturated Fat: 0.67g (4.17%), Carbohydrates: 26.62g (8.87%), Net Carbohydrates: 25.69g (9.34%), Sugar: 17.21g (19.12%), Cholesterol: 122.47mg (40.82%), Sodium: 921.06mg (40.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.68g (99.37%), Vitamin B3: 22.62mg (113.12%), Vitamin B6: 1.79mg (89.35%), Selenium: 52.59µg (75.13%), Phosphorus: 547.26mg (54.73%), Vitamin B12: 1.43µg (23.81%), Vitamin B2: 0.35mg (20.64%), Zinc: 3.02mg (20.13%), Vitamin B5: 1.79mg (17.94%), Potassium: 592.21mg (16.92%), Magnesium: 60.96mg (15.24%), Iron: 1.53mg (8.51%), Copper: 0.15mg (7.42%), Vitamin B1: 0.1mg (6.42%), Vitamin E: 0.64mg (4.28%), Folate: 16.54µg (4.13%), Manganese: 0.08mg (4.06%), Calcium: 39.97mg (4%), Fiber: 0.93g (3.7%), Vitamin D: 0.23µg (1.51%), Vitamin A: 69.55IU (1.39%)