



WHATSheATE



Slow-Cooker Turkey & Dressing

READY IN



45 min.

SERVINGS



4

CALORIES



650 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 lb turkey breast boneless cut in half
- ☐ 2 tablespoons butter softened
- ☐ 0.5 cup celery chopped
- ☐ 0.3 teaspoon basil dried
- ☐ 1 onion chopped
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 8 oz bread stuffing mix
- ☐ 0.3 cup cranberries dried sweetened

☐ 0.5 cup water hot

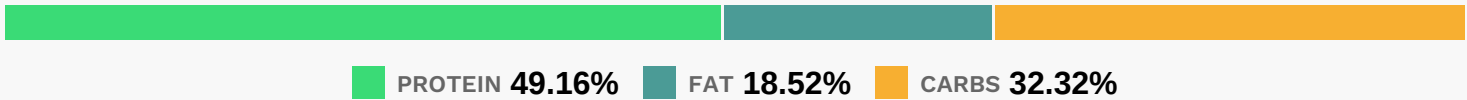
Equipment

☐ slow cooker

Directions

- ☐ Coat a 4 1/2-quart slow cooker with non-stick vegetable spray; spoon in dry stuffing mix.
- ☐ Add water, butter, onion, celery and cranberries; mix well.
- ☐ Sprinkle turkey breast pieces with basil, salt and pepper and place over stuffing mixture. Cook on high setting, covered, for one hour; reduce to low setting for 5 hours.
- ☐ Remove turkey, slice and set aside. Gently stir the stuffing and allow to sit for 5 minutes.
- ☐ Transfer stuffing to a platter and top with sliced turkey.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:0.66, Inflammation Score:-7, Nutrition Score:33.269130209218%

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 Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg

Nutrients (% of daily need)

Calories: 649.52kcal (32.48%), Fat: 13.39g (20.61%), Saturated Fat: 5.09g (31.8%), Carbohydrates: 52.61g (17.54%), Net Carbohydrates: 49.64g (18.05%), Sugar: 11.7g (13%), Cholesterol: 199.32mg (66.44%), Sodium: 1846.27mg (80.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 80.02g (160.03%), Vitamin B3: 37.15mg (185.76%), Selenium: 104.76µg (149.65%), Vitamin B6: 2.77mg (138.48%), Phosphorus: 896.66mg (89.67%), Vitamin B2: 0.74mg (43.69%), Vitamin B12: 2.17µg (36.11%), Zinc: 5.04mg (33.59%), Folate: 129.28µg (32.32%), Vitamin B1: 0.47mg (31.14%), Potassium: 1046.14mg (29.89%), Vitamin B5: 2.96mg (29.55%), Magnesium: 113.49mg (28.37%), Manganese: 0.47mg (23.4%), Iron: 4.19mg (23.3%), Copper: 0.34mg (17.07%), Calcium: 119.94mg (11.99%), Fiber:

2.97g (11.89%), Vitamin K: 6.98µg (6.65%), Vitamin A: 303.17IU (6.06%), Vitamin E: 0.79mg (5.27%), Vitamin C: 2.44mg (2.96%), Vitamin D: 0.34µg (2.27%)