



## Slow-Cooker Turkey Teriyaki Sandwiches

 Dairy Free

READY IN



555 min.

SERVINGS



4

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1.5 lb turkey thighs bone-in skinless
- ☐ 0.5 cup teriyaki sauce (from 12-oz bottle)
- ☐ 2 tablespoons orange marmalade
- ☐ 0.5 teaspoon ginger grated
- ☐ 1 clove garlic finely chopped
- ☐ 1 tablespoon water
- ☐ 2 teaspoons cornstarch
- ☐ 4 portugese rolls split

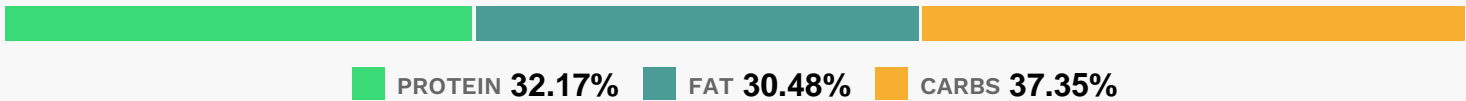
# Equipment

- ☐ bowl
- ☐ microwave
- ☐ measuring cup
- ☐ slow cooker

# Directions

- ☐ Spray 3 1/2- to 4-quart slow cooker with cooking spray.
- ☐ Place turkey in slow cooker. In small bowl, mix teriyaki glaze, marmalade, gingerroot and garlic. Spoon mixture over turkey, turning as necessary to coat.
- ☐ Cover; cook on Low heat setting 9 to 10 hours.
- ☐ Remove turkey from slow cooker.
- ☐ Remove and discard bones; shred or cut turkey into pieces. Cover to keep warm.
- ☐ In 2-cup microwavable measuring cup, mix water and cornstarch until smooth.
- ☐ Pour liquid from slow cooker into cornstarch mixture; mix well. Microwave on High 1 to 2 minutes, stirring once halfway through cooking, until mixture boils and thickens slightly. Divide turkey evenly among roll bottoms; spoon sauce over turkey. Cover with roll tops.

# Nutrition Facts



# Properties

Glycemic Index:29.5, Glycemic Load:23.04, Inflammation Score:-2, Nutrition Score:22.024782810441%

# Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

# Nutrients (% of daily need)

Calories: 502.06kcal (25.1%), Fat: 16.67g (25.65%), Saturated Fat: 4.59g (28.71%), Carbohydrates: 45.97g (15.32%), Net Carbohydrates: 44.77g (16.28%), Sugar: 15.42g (17.13%), Cholesterol: 105.46mg (35.15%), Sodium: 2420.68mg (105.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.59g (79.19%), Vitamin B12: 6.8µg (113.4%),

Selenium: 68.63µg (98.04%), Iron: 13.85mg (76.93%), Zinc: 7.02mg (46.83%), Phosphorus: 348.07mg (34.81%), Vitamin B2: 0.54mg (31.7%), Vitamin B3: 4.55mg (22.76%), Vitamin B6: 0.39mg (19.39%), Vitamin B5: 1.44mg (14.39%), Potassium: 498.71mg (14.25%), Magnesium: 51.44mg (12.86%), Vitamin B1: 0.18mg (12.2%), Copper: 0.22mg (10.95%), Fiber: 1.2g (4.8%), Calcium: 34.33mg (3.43%), Folate: 5.53µg (1.38%)