



## Slow-Cooker Turkey with Sage and Bacon

 Dairy Free

READY IN



490 min.

SERVINGS



8

CALORIES



517 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 pound turkey breast bone-in skinless frozen thawed
- 0.5 teaspoon garlic
- 8 small potatoes - remove skin red cut into fourths
- 1.5 cups baby carrots
- 4 slices bacon crumbled cooked
- 12 ounces campbell's turkey gravy
- 2 tablespoons flour all-purpose
- 0.8 teaspoon sage dried

1 tablespoon worcestershire sauce

## Equipment

bowl

slow cooker

## Directions

Spray 5- to 6-quart slow cooker with cooking spray.

Place turkey in cooker.

Sprinkle with garlic pepper.

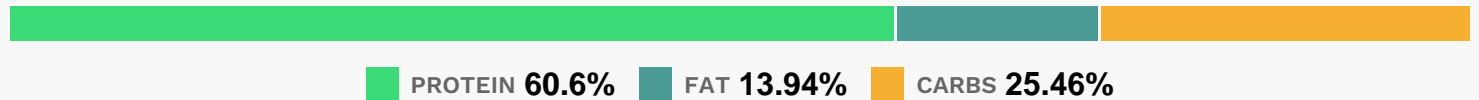
Place potatoes and carrots around turkey.

Mix bacon, gravy, flour, sage and Worcestershire sauce in small bowl; pour over turkey and vegetables.

Cover and cook on Low heat setting 7 to 8 hours.

Serve turkey with vegetables and gravy.

## Nutrition Facts



## Properties

Glycemic Index:13.13, Glycemic Load:1.05, Inflammation Score:-10, Nutrition Score:37.113043489663%

## Flavonoids

Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

## Nutrients (% of daily need)

Calories: 516.59kcal (25.83%), Fat: 8.07g (12.41%), Saturated Fat: 1.9g (11.85%), Carbohydrates: 33.17g (11.06%), Net Carbohydrates: 29.51g (10.73%), Sugar: 4.44g (4.94%), Cholesterol: 187.66mg (62.55%), Sodium: 1039.78mg (45.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 78.93g (157.87%), Vitamin B3: 36.39mg (181.97%), Vitamin B6: 2.98mg (148.76%), Selenium: 80.99µg (115.7%), Phosphorus: 932.45mg (93.25%), Vitamin A: 3392.71IU (67.85%), Copper: 1.01mg (50.44%), Potassium: 1694.17mg (48.4%), Vitamin B12: 2.19µg (36.45%), Zinc: 5.17mg (34.46%), Vitamin B2: 0.58mg (33.9%), Vitamin B5: 3.26mg (32.61%), Magnesium: 127.14mg (31.79%), Vitamin B1: 0.3mg (19.78%), Iron: 3.55mg (19.74%), Vitamin C: 15.58mg (18.88%), Manganese: 0.34mg (16.76%), Folate: 64.5µg (16.13%), Fiber: 3.65g (14.62%), Calcium: 76.87mg (7.69%), Vitamin K: 7.22µg (6.87%), Vitamin D: 0.36µg (2.37%),

Vitamin E: 0.24mg (1.61%)