



## Slow-Cooker Tuscan Turkey and Beans

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



570 min.

SERVINGS



6

CALORIES



537 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 cups water
- 16 oz navy beans dried rinsed (2 cups)
- 3 cups chicken broth (from 32-oz carton)
- 0.3 cup olive oil
- 0.8 cup parsley chopped
- 1 tablespoon seasoning italian
- 2 tablespoons garlic chopped (from a jar)
- 1.5 teaspoons salt

- 0.5 teaspoon pepper
- 1.5 lb turkey thighs skinless
- 1.5 cups green beans frozen thawed
- 1 serving frangelico

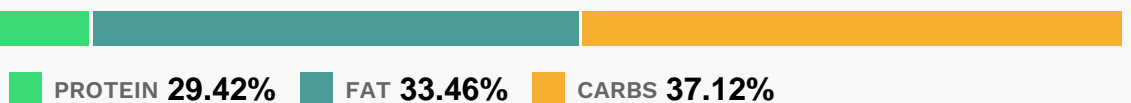
## Equipment

- bowl
- sauce pan
- slow cooker

## Directions

- Place Reynolds™ Slow Cooker Liners inside a 5- to 6 1/2 -qt slow cooker bowl. Make sure that liner fits snugly against the bottom and sides of bowl and pull the top of the liner over rim of bowl.
- In 3-quart saucepan, heat water to boiling over medium-high heat.
- Add navy beans. Reduce heat to medium-low; simmer uncovered 10 minutes.
- Drain; rinse with cold water.
- Place beans in slow cooker; add broth.
- Meanwhile, in medium bowl, stir together olive oil, 1/2 cup of the parsley, the Italian seasoning, garlic, 1/2 teaspoon of the salt and the pepper. Press mixture firmly onto turkey thighs.
- Place turkey on top of beans in slow cooker. Cover; cook on Low heat setting 7 to 9 hours or until beans are tender and turkey pulls apart easily with fork.
- Remove turkey from slow cooker. Increase heat setting to High. Stir green beans and remaining 1 teaspoon salt into slow cooker. Cover; cook 15 to 20 minutes or until vegetables are hot. Meanwhile, remove turkey from bones. To serve, place bean mixture in shallow bowls; top with turkey, and sprinkle with remaining parsley.

## Nutrition Facts



## Properties

Glycemic Index:24.17, Glycemic Load:0.89, Inflammation Score:-9, Nutrition Score:41.706086988034%

## Flavonoids

Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

## Nutrients (% of daily need)

Calories: 537.24kcal (26.86%), Fat: 20.19g (31.07%), Saturated Fat: 4.49g (28.06%), Carbohydrates: 50.4g (16.8%), Net Carbohydrates: 30.51g (11.09%), Sugar: 4.46g (4.96%), Cholesterol: 72.66mg (24.22%), Sodium: 1535.18mg (66.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.94g (79.88%), Vitamin K: 147.63µg (140.6%), Fiber: 19.89g (79.55%), Selenium: 54.74µg (78.2%), Vitamin B12: 4.56µg (75.99%), Folate: 298.87µg (74.72%), Manganese: 1.31mg (65.32%), Phosphorus: 526.67mg (52.67%), Zinc: 7.72mg (51.45%), Vitamin B1: 0.76mg (50.66%), Copper: 0.85mg (42.27%), Magnesium: 168.96mg (42.24%), Iron: 7.11mg (39.47%), Potassium: 1313.48mg (37.53%), Vitamin B2: 0.58mg (33.95%), Vitamin B6: 0.64mg (31.91%), Vitamin B3: 4.99mg (24.96%), Vitamin C: 14.18mg (17.19%), Calcium: 171.85mg (17.18%), Vitamin A: 839.23IU (16.78%), Vitamin B5: 1.6mg (15.98%), Vitamin E: 1.68mg (11.22%)