

Slow Cooker Turkey Breast

Ingredients:

- 1 bone-in turkey breast, skin removed, approximately 7 pounds
- 1 tablespoon olive oil
- 1 teaspoon dried minced garlic
- 1 teaspoon Kosher salt
- 1 teaspoon paprika
- 1 teaspoon Italian seasoning
- 1 teaspoon pepper
- 1/2 cup water

Directions:

1. Brush turkey with oil. Combine the garlic, kosher salt, paprika, Italian seasoning, and pepper; rub over turkey. Transfer to a 6-quart slow cooker; add water. Cover and cook on low for 5 to 6 hours, or until tender.

Nutrition Facts

Serving Size 4 oz. (147g)
Servings Per Container 14

| Amount Per Serving | |
|--------------------------------------|----------------|
| Calories 210 Calories from Fat 35 | |
| % Daily Value* | |
| Total Fat 4g | 6% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 110mg | 37% |
| Sodium 270mg | 11% |
| Total Carbohydrate 0g | 0% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| Protein 41g | |
| Vitamin A 2% | • Vitamin C 0% |
| Calcium 2% | • Iron 6% |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories: 2,000 | 2,500 |
|--------------------|-------------------|---------|
| Total Fat | Less than 65g | 80g |
| Saturated Fat | Less than 20g | 25g |
| Cholesterol | Less than 300mg | 300mg |
| Sodium | Less than 2,400mg | 2,400mg |
| Total Carbohydrate | 300g | 375g |
| Dietary Fiber | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:

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Source: Diabetes Friendly Cookbook

