



Amazingly Succulent Roast Turkey Thighs

 Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large carrots cut into 1 inch pieces
- ☐ 2 stalks celery cut into 1-inch pieces
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 tablespoon olive oil
- ☐ 1 onion cut into 1-inch pieces
- ☐ 2 teaspoons lawry's seasoned salt to taste
- ☐ 1 large heat-resistant nylon oven bag reynolds® such as Oven Bags
- ☐ 4 turkey thighs

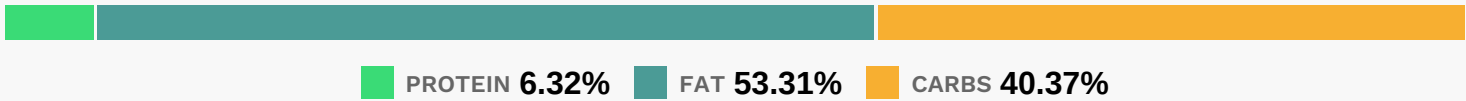
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Sprinkle flour into oven bag and place it in a 9x11-inch pan.
- ☐ Spread onion, celery, and carrot pieces on the bottom of the bag. Rinse turkey thighs and pat dry with paper towels. Rub olive oil under the skin and on the outside of the thighs.
- ☐ Sprinkle seasoned salt liberally on turkey thighs and rub it under the skin (see Cook's Note). Arrange thighs on top of vegetables. Close the bag with the tie. Make six slits in the top of the bag with a sharp paring knife.
- ☐ Place pan in the oven, making sure oven bag does not touch top heating element.
- ☐ Roast until an instant-read thermometer inserted into the thigh meat reaches 165 degrees F (74 degrees C), about 1 hour.

Nutrition Facts



Properties

Glycemic Index:45.21, Glycemic Load:2.26, Inflammation Score:-9, Nutrition Score:5.4882609196331%

Flavonoids

Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg

Nutrients (% of daily need)

Calories: 60.51kcal (3.03%), Fat: 3.71g (5.7%), Saturated Fat: 0.54g (3.37%), Carbohydrates: 6.32g (2.11%), Net Carbohydrates: 4.98g (1.81%), Sugar: 2.29g (2.55%), Cholesterol: 0.62mg (0.21%), Sodium: 1196.74mg (52.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.98%), Vitamin A: 3097.43IU (61.95%), Vitamin K: 10.46µg (9.96%), Fiber: 1.34g (5.37%), Manganese: 0.1mg (4.88%), Folate: 19.29µg (4.82%), Vitamin E: 0.68mg (4.56%), Vitamin C: 3.72mg (4.51%), Potassium: 154.44mg (4.41%), Vitamin B6: 0.08mg (3.77%), Vitamin B1: 0.04mg (2.96%), Vitamin B2: 0.04mg (2.44%), Phosphorus: 22.81mg (2.28%), Calcium: 21.38mg (2.14%), Vitamin B3: 0.41mg (2.04%), Magnesium: 7.72mg (1.93%), Selenium: 1.27µg (1.82%), Iron: 0.28mg (1.57%), Copper: 0.03mg (1.52%), Vitamin B5: 0.15mg (1.48%), Zinc: 0.17mg (1.15%)