



Braised Dark Meat Turkey over Egg Noodles

READY IN



255 min.

SERVINGS



10

CALORIES



479 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 ounces lager beer good
- ☐ 4 carrots peeled halved lengthwise cut into 1/2-inch dice
- ☐ 4 stalks celery halved lengthwise cut into 1/2-inch dice
- ☐ 0.3 cup cider vinegar
- ☐ 10 servings extra wide egg noodles cooked for serving
- ☐ 2 large sprigs rosemary fresh
- ☐ 6 cloves garlic peeled smashed
- ☐ 1 cup chicken broth low-sodium
- ☐ 1 cup oil-cured olives pitted

- ☐ 1 large onion cut into 1/2-inch dice
- ☐ 10 servings salt and pepper
- ☐ 6 ounces tomato paste
- ☐ 4 pounds turkey wings and drumsticks
- ☐ 0.3 cup vegetable oil

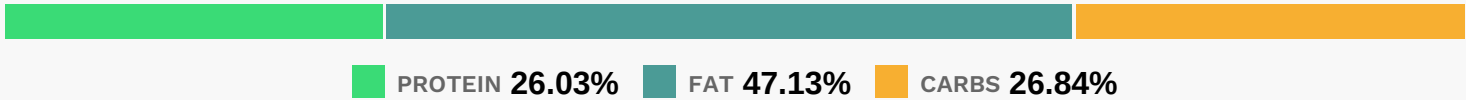
Equipment

- ☐ pot
- ☐ dutch oven

Directions

- ☐ Generously salt and pepper the turkey.
- ☐ Heat 2 tablespoons oil in a large heavy pot or Dutch oven over high heat.
- ☐ Add the turkey wings and drumsticks and brown as evenly as possible all over. Do this in batches if necessary.
- ☐ Once browned, remove the turkey from the pot. Reduce the heat to medium-high and then add the onions, carrots, and celery and cook until tender.
- ☐ Add the tomato paste and cook, stirring, until it is mixed in. Then add all the remaining ingredients, except the olives and rosemary, and stir until everything is incorporated. Bring this liquid to a simmer, then add the turkey back to the pot, along with the olives and rosemary, and bring to a simmer. Cook about 3 to 3 1/2 hours over a low flame at a low simmer until the turkey meat falls off the bone easily with just a little nudge from a fork.
- ☐ Remove rosemary sprigs and serve over hot egg noodles.
- ☐ Note: During cooking, occasionally check to see if the turkey is getting too browned or dried where not submerged under the braising liquid. If so, stir into the liquid and continue cooking.

Nutrition Facts



Properties

Glycemic Index:31.13, Glycemic Load:13.15, Inflammation Score:-10, Nutrition Score:20.901739091977%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 479.33kcal (23.97%), Fat: 24.59g (37.84%), Saturated Fat: 5.54g (34.6%), Carbohydrates: 31.52g (10.51%), Net Carbohydrates: 28.1g (10.22%), Sugar: 4.56g (5.07%), Cholesterol: 109.74mg (36.58%), Sodium: 649.21mg (28.23%), Alcohol: 1.33g (100%), Alcohol %: 0.46% (100%), Protein: 30.56g (61.13%), Vitamin A: 4498.09IU (89.96%), Selenium: 49.2µg (70.28%), Vitamin B3: 7.1mg (35.48%), Vitamin B6: 0.68mg (34.15%), Phosphorus: 311.77mg (31.18%), Manganese: 0.46mg (23.03%), Potassium: 686.22mg (19.61%), Vitamin K: 20.15µg (19.19%), Zinc: 2.69mg (17.96%), Iron: 2.87mg (15.92%), Magnesium: 61.41mg (15.35%), Copper: 0.3mg (14.9%), Fiber: 3.42g (13.69%), Vitamin E: 2.04mg (13.63%), Vitamin B2: 0.22mg (13.11%), Vitamin B5: 1.08mg (10.75%), Vitamin B12: 0.58µg (9.68%), Vitamin C: 7.38mg (8.94%), Vitamin B1: 0.13mg (8.74%), Folate: 32.46µg (8.12%), Calcium: 65mg (6.5%)