



WHATSheATE



Braised Turkey Legs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 small carrots trimmed halved lengthwise
- ☐ 6 celery stalks thinly sliced
- ☐ 1.5 cups wine dry white
- ☐ 4 sprigs flat parsley chopped
- ☐ 0.3 cup chives fresh chopped
- ☐ 8 garlic clove crushed
- ☐ 8 servings pepper freshly ground
- ☐ 2 large the salad chopped

- ☐ 6 cups chicken broth low-sodium
- ☐ 1 medium onion chopped
- ☐ 2 sprigs sage
- ☐ 4 sprigs thyme leaves
- ☐ 2 pounds turkey thighs bone-in
- ☐ 1.5 pounds turkey legs
- ☐ 2 tablespoons vegetable oil

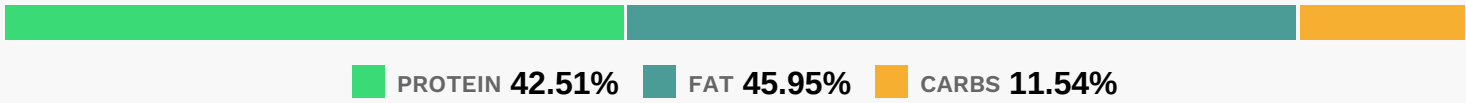
Equipment

- ☐ pot

Directions

- ☐ Season turkey with salt and pepper.
- ☐ Heat oil in a large heavy pot over medium heat. Working in batches, cook, turning occasionally, until browned on all sides, 15–20 minutes per batch; transfer to a large plate.
- ☐ Add onion, leeks, celery, and garlic to pot and cook, stirring occasionally, until softened, 5–8 minutes.
- ☐ Add wine, parsley, and thyme and sage sprigs; bring to a boil, reduce heat, and simmer until reduced by half, 8–10 minutes.
- ☐ Return turkey to pot and add broth. Bring to a boil. Reduce heat, cover pot, and simmer until meat is tender and cooked through and liquid is reduced by half, 2 1/2–3 hours.
- ☐ Add carrots and cook, uncovered, until carrots are soft and meat is falling off the bone, 35–45 minutes; season with salt and pepper.
- ☐ Transfer turkey and carrots to a platter. Strain sauce; serve alongside. Top with chives and 1/2 cup chopped parsley.

Nutrition Facts



Properties

Glycemic Index:38.1, Glycemic Load:2.39, Inflammation Score:-10, Nutrition Score:28.89391293733%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 1.18mg, Apigenin: 1.18mg, Apigenin: 1.18mg, Apigenin: 1.18mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 407.35kcal (20.37%), Fat: 19.03g (29.27%), Saturated Fat: 5.39g (33.66%), Carbohydrates: 10.75g (3.58%), Net Carbohydrates: 8.85g (3.22%), Sugar: 3.71g (4.13%), Cholesterol: 120.43mg (40.14%), Sodium: 641.55mg (27.89%), Alcohol: 4.64g (100%), Alcohol %: 1.22% (100%), Protein: 39.61g (79.23%), Vitamin A: 8492.81IU (169.86%), Selenium: 64.61µg (92.31%), Vitamin B12: 4.99µg (83.14%), Zinc: 7.27mg (48.46%), Phosphorus: 408.69mg (40.87%), Vitamin B3: 7.84mg (39.2%), Vitamin B2: 0.59mg (34.79%), Copper: 0.66mg (32.9%), Vitamin B6: 0.64mg (31.82%), Potassium: 861.78mg (24.62%), Vitamin K: 25.04µg (23.85%), Iron: 3.81mg (21.14%), Vitamin B5: 1.89mg (18.85%), Vitamin B1: 0.22mg (14.54%), Magnesium: 50.77mg (12.69%), Manganese: 0.25mg (12.4%), Vitamin C: 7.25mg (8.78%), Fiber: 1.9g (7.58%), Calcium: 63.5mg (6.35%), Folate: 24.33µg (6.08%), Vitamin E: 0.63mg (4.19%)