



WHATSheATE



Braised Turkey Legs



Gluten Free



Dairy Free

READY IN



130 min.

SERVINGS



6

CALORIES



461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 turkey legs and thighs
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 1 cup onion yellow finely chopped
- ☐ 1 cup celery finely chopped
- ☐ 6 servings salt
- ☐ 2 cups water dry white (wine or stock)
- ☐ 6 servings cornstarch
- ☐ 0.3 cup parsley chopped

☐ 3 cups potatoes chopped quartered

Equipment

☐ frying pan

☐ pot

Directions

☐ Brown turkey legs and thighs:

☐ Sprinkle turkey thighs and legs with salt and pepper.

☐ Heat 1 Tbsp olive oil in a large sauté pan with high sides on medium high heat.

☐ Add the turkey legs and thighs to the pan and sear until browned on all sides, about 5–8 minutes.

☐ Add chopped onion and celery to form a nest under the turkey pieces. Sauté an additional 5 minutes.

☐ Braise until tender:

☐ Add 2 cups of braising liquid – either water, stock, wine, or a combination. Bring to a simmer. Lower the heat and cover. Simmer covered, on low heat, for an hour and a half, or until the turkey is so well cooked and tender that the meat easily falls off of the bones.

☐ Remove the turkey meat from the pan and remove the bones, taking special care to remove the many small narrow bones of the legs.

☐ Remove the skin.

☐ Add the vegetables to the pan with the turkey braising liquid.

☐ Sprinkle with salt and pepper. Bring to a simmer on medium high heat. Lower the heat and cover the pan. Cook covered, until done, about 20 minutes. When done, remove the vegetables from the pan so you can reduce the remaining liquid to make a sauce.

☐ the sauce: Increase the heat to high and bring the remaining liquid in the pot to a boil. Reduce the liquid remaining in the pan by half to intensify some of the meat juices for added flavor.

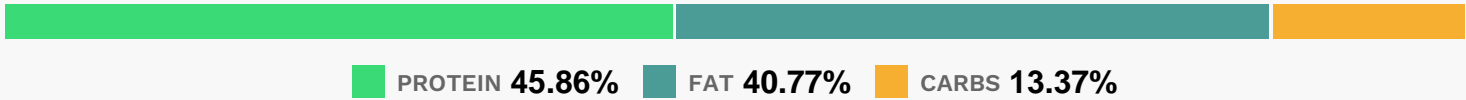
☐ Take a teaspoon of cornstarch and dissolve in a 1/2 cup of water.

☐ Add cornstarch mixture a little at a time to sauce, adding more liquid, until the sauce achieves the desired body.

☐ Adjust seasoning.

- ☐ Add salt and pepper if needed, add a little cayenne or Tabasco sauce. If the sauce is too sweet, add a little vinegar or lemon.
- ☐ Add parsley.
- ☐ the turkey and vegetables back to the pan with the sauce.
- ☐ Serve immediately over rice or bread or with the vegetables if you have chosen to make them.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:4.33, Inflammation Score:-8, Nutrition Score:26.73652176235%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 8.57mg, Apigenin: 8.57mg, Apigenin: 8.57mg, Apigenin: 8.57mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg

Nutrients (% of daily need)

Calories: 461.31kcal (23.07%), Fat: 18.04g (27.75%), Saturated Fat: 5.08g (31.74%), Carbohydrates: 13.31g (4.44%), Net Carbohydrates: 10.34g (3.76%), Sugar: 5.47g (6.08%), Cholesterol: 160.29mg (53.43%), Sodium: 196.13mg (8.53%), Alcohol: 8.24g (100%), Alcohol %: 2.45% (100%), Protein: 45.65g (91.3%), Selenium: 60.58µg (86.54%), Zinc: 7.38mg (49.23%), Vitamin B6: 0.97mg (48.66%), Vitamin K: 49.58µg (47.22%), Phosphorus: 470.31mg (47.03%), Vitamin B3: 7.52mg (37.61%), Vitamin B2: 0.55mg (32.59%), Vitamin C: 24.85mg (30.12%), Potassium: 1023.51mg (29.24%), Vitamin B5: 2.69mg (26.93%), Iron: 4.83mg (26.81%), Vitamin A: 1127.09IU (22.54%), Magnesium: 78.25mg (19.56%), Copper: 0.37mg (18.71%), Vitamin B1: 0.27mg (17.69%), Manganese: 0.33mg (16.56%), Vitamin B12: 0.88µg (14.67%), Folate: 55.12µg (13.78%), Fiber: 2.97g (11.87%), Calcium: 95mg (9.5%), Vitamin E: 1.21mg (8.08%)