



Brazilian-Syle Turkey with Ham

 **Gluten Free**  **Dairy Free**

READY IN



180 min.

SERVINGS



12

CALORIES



585 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup parsley fresh minced
- 3 garlic clove minced
- 4 medium bell pepper green seeded chopped
- 1 cup olive oil
- 2 teaspoons pepper
- 4.5 teaspoons salt
- 2 pounds ham smoked thinly sliced
- 4 medium tomatoes seeded chopped

- 1.5 cups vinegar white
- 12 pounds turkey whole

Equipment

- bowl
- frying pan
- paper towels
- oven
- roasting pan
- grill
- kitchen thermometer
- aluminum foil
- skewers
- tongs

Directions

- Remove giblets from turkey and discard.
- Place a turkey-size oven roasting bag inside a second roasting bag; add turkey.
- Place in a roasting pan.
- Combine the salt, pepper and garlic; rub over turkey.
- In a large bowl, combine the vinegar, oil, tomatoes, peppers and parsley.
- Pour over turkey and into cavity. Squeeze out as much air as possible from bag; seal and turn to coat. Refrigerate for 12-24 hours, turning several times.
- Drain and discard marinade. Skewer turkey openings; tie drumsticks together. Prepare grill for indirect heat, using a drip pan. Using long-handled tongs, moisten a paper towel with cooking oil and lightly coat the grill rack.
- Place turkey over drip pan and grill, covered, over indirect medium heat for 2 to 2-1/2 hours or until a meat thermometer reads 180°, tenting turkey with foil after about 1 hour.
- Let stand for 20 minutes before slicing. Meanwhile, warm the ham.
- Layer turkey and ham slices on a serving platter.

Nutrition Facts

PROTEIN 58.21% FAT 38.88% CARBS 2.91%

Properties

Glycemic Index:16, Glycemic Load:0.68, Inflammation Score:-8, Nutrition Score:36.382608931998%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 1.92mg, Luteolin: 1.92mg, Luteolin: 1.92mg, Luteolin: 1.92mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 584.66kcal (29.23%), Fat: 24.67g (37.95%), Saturated Fat: 6.17g (38.56%), Carbohydrates: 4.14g (1.38%), Net Carbohydrates: 2.79g (1.02%), Sugar: 2.34g (2.6%), Cholesterol: 268.16mg (89.39%), Sodium: 2156.06mg (93.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 83.1g (166.2%), Vitamin B3: 25.05mg (125.26%), Vitamin B6: 2.06mg (103.16%), Selenium: 68.88µg (98.41%), Phosphorus: 787.67mg (78.77%), Vitamin B12: 3.93µg (65.48%), Vitamin C: 41.07mg (49.78%), Zinc: 7.27mg (48.45%), Vitamin K: 49.9µg (47.52%), Vitamin B2: 0.62mg (36.39%), Potassium: 1112.73mg (31.79%), Magnesium: 114.77mg (28.69%), Vitamin B5: 2.71mg (27.07%), Copper: 0.49mg (24.64%), Iron: 4.24mg (23.53%), Vitamin A: 881.14IU (17.62%), Vitamin B1: 0.2mg (13.09%), Manganese: 0.21mg (10.63%), Folate: 36.54µg (9.13%), Vitamin E: 1.2mg (7.99%), Vitamin D: 0.97µg (6.44%), Calcium: 59.82mg (5.98%), Fiber: 1.35g (5.4%)