



HEALTH SCORE

52%

Chilled Turkey Loaf



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 chicken bouillon cubes
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 cloves garlic minced pressed
- ☐ 0.5 cup green onions chopped
- ☐ 0.5 cup parsley chopped
- ☐ 2 oz pimento diced

- ☐ 1 teaspoon sage
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon thyme leaves
- ☐ 4 lbs turkey legs (4 small)
- ☐ 6 cups water

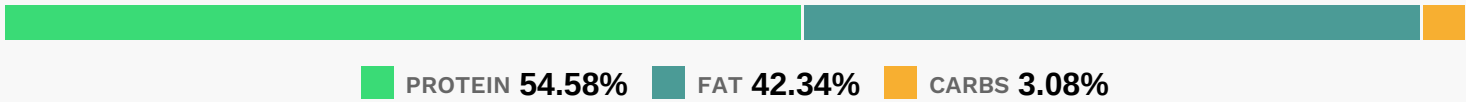
Equipment

- ☐ knife
- ☐ loaf pan

Directions

- ☐ In a 6-quart kettle, combine the turkey, water, bouillon, bay leaf, and salt. Cover and simmer until meat is very tender and begins to fall away from the bone, about 2 1/2 hours. Lift out meat and set aside to cool.
- ☐ Add wine to cooking liquid and boil, uncovered, until reduced to 3 cups.²
- ☐ Remove meat from the bones, discarding skin, tendons, and bones. Tear meat into fine shreds and combine with the thyme, sage, garlic, onion, parsley, pimento (drained), and black pepper. Pack meat mixture into a 5x9-inch loaf pan, then pour in the cooking liquid. Cover and chill until set, at least 6 hours.³ Run a knife around the pan sides to loosen. Dip pan into hot water for 5 seconds, then invert onto a serving plate and slice.
- ☐ Serve with bread, lettuce, and condiments for sandwiches, or serve plain.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:0.54, Inflammation Score:-8, Nutrition Score:29.238695595575%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg,

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 391.07kcal (19.55%), Fat: 17.17g (26.42%), Saturated Fat: 5.24g (32.77%), Carbohydrates: 2.81g (0.94%), Net Carbohydrates: 2.1g (0.76%), Sugar: 0.98g (1.09%), Cholesterol: 178.37mg (59.46%), Sodium: 910.45mg (39.58%), Alcohol: 2.06g (100%), Alcohol %: 0.49% (100%), Protein: 49.81g (99.63%), Vitamin K: 100.45µg (95.66%), Selenium: 66.88µg (95.54%), Copper: 1.43mg (71.59%), Zinc: 7.94mg (52.92%), Phosphorus: 460.19mg (46.02%), Vitamin B6: 0.91mg (45.66%), Vitamin B3: 7.65mg (38.23%), Vitamin B2: 0.56mg (32.95%), Iron: 5.14mg (28.58%), Vitamin B5: 2.79mg (27.88%), Vitamin C: 18.91mg (22.92%), Potassium: 781.19mg (22.32%), Vitamin B12: 0.98µg (16.38%), Magnesium: 64.17mg (16.04%), Vitamin A: 780.15IU (15.6%), Vitamin B1: 0.21mg (13.98%), Folate: 39.54µg (9.89%), Manganese: 0.18mg (8.96%), Calcium: 73.71mg (7.37%), Fiber: 0.72g (2.86%), Vitamin E: 0.17mg (1.14%)