



Chipotle Barbecue Pulled Turkey Drumstick Sliders with Brussels Spout Slaw

 Dairy Free

READY IN



4500 min.

SERVINGS



3

CALORIES



1559 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 servings pepper black freshly ground
- ☐ 1 tablespoon chili powder
- ☐ 1 tablespoons chipotles in adobo finely chopped (see Cooks' Notes)
- ☐ 0.3 cup apple cider vinegar
- ☐ 2 garlic clove finely chopped
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 cup catsup

- ☐ 1 tablespoon blackstrap molasses
- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion chopped
- ☐ 3 servings salt
- ☐ 3 servings coleslaw mix
- ☐ 16 small portugese rolls split soft (or other small, buns)
- ☐ 2.5 pounds turkey legs
- ☐ 0.5 cup water
- ☐ 1 tablespoon worcestershire sauce

Equipment

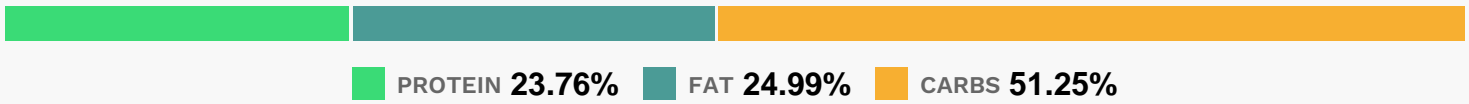
- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Preheat oven to 325°F.
- ☐ Remove turkey skin.
- ☐ Cook onion in oil with 1/2 teaspoon salt in Dutch oven over medium heat, covered, stirring occasionally, until well softened, about 10 minutes.
- ☐ Add garlic and spices and cook, stirring, 1 minute.
- ☐ Stir in ketchup, vinegar, chiles, Worcestershire sauce, molasses, and 1/2 cup water and simmer mixture, stirring, 1 minute.
- ☐ Add drumsticks and cover pot, then braise in oven, turning drumsticks over once, until meat is very tender, about 2 hours.
- ☐ Transfer drumsticks to a bowl and cool. Discard bones, tendons, and any remaining skin, and pull meat with forks or fingers into coarse shreds.
- ☐ Stir meat into sauce remaining in pot. Thin, if necessary, with water to desired consistency and season with salt and pepper. Reheat over medium heat until hot.

- ☐
- Spoon mixture into slider rolls and top with slaw.
- ☐
- Although the chipotles in adobo add a seductive smoky warmth, feel free to leave them out if you are feeding kids. If that's the case, purée a small can for the adults, and let them add as much as they want to their sliders.•Pulled turkey can be made 3 days ahead. Cool, uncovered, before chilling covered. Reheat slowly in covered pot, adding more water as necessary.

Nutrition Facts



Properties

Glycemic Index:98.33, Glycemic Load:125.73, Inflammation Score:-8, Nutrition Score:34.448695265728%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.82mg, Quercetin: 7.82mg, Quercetin: 7.82mg, Quercetin: 7.82mg

Nutrients (% of daily need)

Calories: 1559.41kcal (77.97%), Fat: 42.78g (65.82%), Saturated Fat: 7.85g (49.08%), Carbohydrates: 197.37g (65.79%), Net Carbohydrates: 189.35g (68.86%), Sugar: 39.42g (43.8%), Cholesterol: 222.75mg (74.25%), Sodium: 2475.39mg (107.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 91.53g (183.06%), Iron: 64.21mg (356.71%), Selenium: 85.4µg (122%), Zinc: 10.04mg (66.95%), Vitamin B6: 1.3mg (65.18%), Phosphorus: 598.74mg (59.87%), Vitamin B3: 10.32mg (51.6%), Vitamin B2: 0.78mg (45.64%), Potassium: 1259.58mg (35.99%), Vitamin B5: 3.58mg (35.76%), Fiber: 8.01g (32.05%), Copper: 0.59mg (29.31%), Magnesium: 100.55mg (25.14%), Manganese: 0.44mg (21.99%), Vitamin A: 1020.91IU (20.42%), Vitamin B12: 1.22µg (20.39%), Vitamin E: 2.98mg (19.89%), Vitamin B1: 0.29mg (19.01%), Calcium: 144.3mg (14.43%), Folate: 43.71µg (10.93%), Vitamin K: 10.83µg (10.32%), Vitamin C: 6.15mg (7.45%)