



HEALTH SCORE

78%

Cook the Book: Catalan-Style Turkey



Gluten Free



Dairy Free



Very Healthy

READY IN



105 min.

SERVINGS



6

CALORIES



1169 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



3 tablespoons olive oil



2 tablespoons pinenuts



0.5 cup prune- cut to pieces pitted



0.7 cup raisins



3 onion red thinly sliced



1 cup tomatoes chopped



6 turkey legs



3 cups water

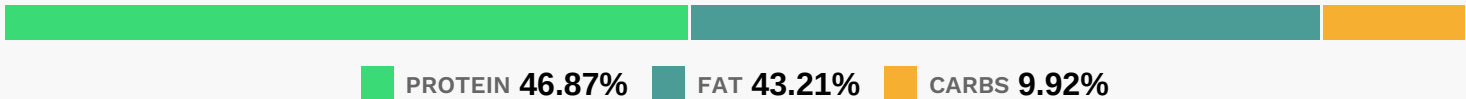
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Put the raisins and prunes in a bowl and pour in the sherry or vino rancio.
- ☐ Let soak for 12 hours.
- ☐ Thinly slice the onions. Season the turkey with salt and pepper.
- ☐ Put a wide pan over medium heat, then add almost all of the oil. Brown the turkey for 10 minutes, until golden all over.
- ☐ Add the onions. Try the onions and turkey for about 10 minutes, stirring often, until the onions are caramelized and dark golden brown.
- ☐ Drain off the sherry or vino rancio from the fruit, then add it to the pan.
- ☐ When most of the vino rancio has evaporated, add the chopped tomatoes and continue to cook until everything is well caramelized.
- ☐ Pour in the water, reduce the heat and simmer for 30 minutes.
- ☐ Add the raisins and prunes. Cover the pan and let cook for another hour, or until the turkey is very tender and the sauce is thick and tasty.
- ☐ Meanwhile, heat the remaining oil in a frying pan, then add the pine nuts. Cook over low heat for about 5 minutes, stirring often until golden.
- ☐ Put the turkey onto a serving dish, cover with the sauce, raisins, and plums. Finish with a sprinkling of pine nuts.

Nutrition Facts



Properties

Glycemic Index:25.47, Glycemic Load:10.57, Inflammation Score:-8, Nutrition Score:48.116956607155%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg 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: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.57mg, Quercetin: 11.57mg, Quercetin: 11.57mg, Quercetin: 11.57mg

Nutrients (% of daily need)

Calories: 1168.56kcal (58.43%), Fat: 55.04g (84.68%), Saturated Fat: 15.15g (94.7%), Carbohydrates: 28.45g (9.48%), Net Carbohydrates: 24.97g (9.08%), Sugar: 8.63g (9.59%), Cholesterol: 480.87mg (160.29%), Sodium: 515.55mg (22.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 134.34g (268.69%), Selenium: 179.24µg (256.06%), Zinc: 21.38mg (142.56%), Phosphorus: 1261.95mg (126.2%), Vitamin B6: 2.45mg (122.59%), Vitamin B3: 20.77mg (103.85%), Vitamin B2: 1.51mg (88.97%), Vitamin B5: 7.55mg (75.51%), Iron: 12.61mg (70.04%), Potassium: 2247.16mg (64.2%), Copper: 1.15mg (57.51%), Vitamin B12: 2.64µg (44.02%), Magnesium: 170.79mg (42.7%), Vitamin B1: 0.59mg (39.57%), Manganese: 0.63mg (31.4%), Folate: 84.1µg (21.02%), Vitamin K: 16.82µg (16.02%), Calcium: 145.17mg (14.52%), Fiber: 3.48g (13.93%), Vitamin C: 8.46mg (10.25%), Vitamin E: 1.53mg (10.18%), Vitamin A: 342.49IU (6.85%)