



 **57%**  
HEALTH SCORE

## County Fair Turkey Legs

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

READY IN



**55 min.**

SERVINGS



**4**

CALORIES



**1379 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon pepper black
- 0.3 cup garlic powder
- 3 tablespoons honey
- 2 tablespoons hot sauce
- 2 liters lemon lime soda
- 0.3 cup pepper
- 2 tablespoons pepper red crushed
- 2 tablespoons sugar

- 1 cup salt
- 4 turkey legs
- 1 onion chopped

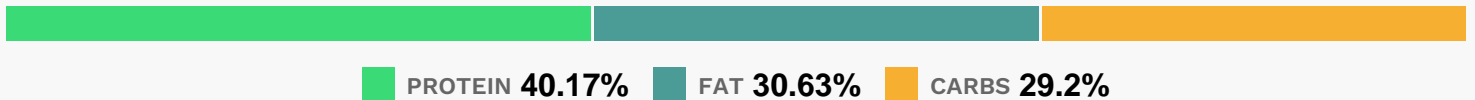
## Equipment

- pot
- grill

## Directions

- Preheat grill.
- Combine all ingredients, except the House Seasoning and honey, in a large stock pot and bring to a low boil.
- Add turkey legs and boil for 30 minutes or until the turkey legs register 165 degrees F. Put turkey legs on the grill, season with House Seasoning and brush with honey. Grill over medium heat for about 15 minutes, rotating occasionally as needed. The turkey legs should be crispy and golden brown when done.
- Mix the ingredients together and store in an air-tight container for up to 6 months. Use as a seasoning on meat and when cooking vegetables.

## Nutrition Facts



## Properties

Glycemic Index:47.84, Glycemic Load:13.44, Inflammation Score:-9, Nutrition Score:56.148261111716%

## Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg

## Nutrients (% of daily need)

Calories: 1379.05kcal (68.95%), Fat: 46.83g (72.05%), Saturated Fat: 14.32g (89.48%), Carbohydrates: 100.44g (33.48%), Net Carbohydrates: 92.8g (33.75%), Sugar: 74.73g (83.03%), Cholesterol: 480.87mg (160.29%), Sodium: 29101.24mg (1265.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 74.81mg (24.94%), Protein: 138.21g (276.42%), Selenium: 184.6µg (263.71%), Zinc: 22.01mg (146.72%), Vitamin B6: 2.8mg (140%), Phosphorus: 1321.42mg (132.14%), Manganese: 2.59mg (129.54%), Vitamin B3: 20.95mg (104.74%), Vitamin B2: 1.55mg (90.93%), Iron: 15.41mg (85.63%), Vitamin B5: 7.85mg (78.55%), Potassium: 2446.8mg (69.91%), Copper: 1.37mg (68.67%), Magnesium: 201.23mg (50.31%), Vitamin B12: 2.64µg (44.02%), Vitamin B1: 0.65mg (43.31%), Fiber: 7.64g (30.56%), Vitamin K: 31.35µg (29.86%), Vitamin A: 1306.76IU (26.14%), Calcium: 257.74mg (25.77%), Folate: 98.3µg (24.58%), Vitamin E: 1.82mg (12.12%), Vitamin C: 9.12mg (11.05%)