



HEALTH SCORE

79%

Deep-Fried Turkey Marinade



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



480 min.

SERVINGS



3

CALORIES



856 kcal

SEASONING

MARINADE

Ingredients



0.5 cup pepper black



0.5 cup cayenne pepper



1 cup creole seasoning



2 tablespoons garlic powder



16 ounce dressing italian

Equipment

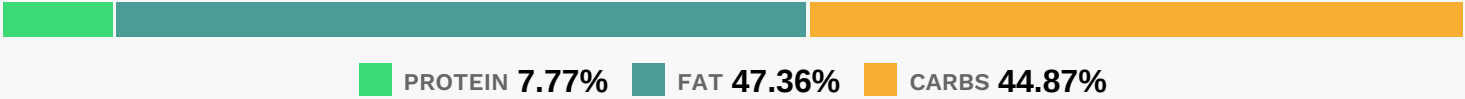


bowl

Directions

☐ In a medium bowl, mix 3/4 Italian dressing, cayenne pepper, black pepper, Creole seasoning, and garlic powder. Rub over turkey, using remaining Italian dressing to fill cavity. Allow turkey to marinate 8 hours, or overnight, before deep-frying as desired.

Nutrition Facts



Properties

Glycemic Index:33.67, Glycemic Load:16.19, Inflammation Score:-10, Nutrition Score:56.826956541642%

Nutrients (% of daily need)

Calories: 855.67kcal (42.78%), Fat: 53.66g (82.55%), Saturated Fat: 8.88g (55.49%), Carbohydrates: 114.38g (38.13%), Net Carbohydrates: 71.75g (26.09%), Sugar: 28.94g (32.16%), Cholesterol: 0mg (0%), Sodium: 1547.97mg (67.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.81g (39.61%), Vitamin A: 49492.25IU (989.84%), Manganese: 7.49mg (374.68%), Vitamin E: 39.04mg (260.29%), Vitamin K: 244.23µg (232.6%), Fiber: 42.63g (170.53%), Vitamin B6: 3.2mg (159.9%), Vitamin C: 91.05mg (110.36%), Potassium: 3097.12mg (88.49%), Iron: 13.75mg (76.39%), Vitamin B2: 1.17mg (68.57%), Magnesium: 258.9mg (64.73%), Vitamin B3: 10.98mg (54.92%), Copper: 1.02mg (51.14%), Phosphorus: 453.66mg (45.37%), Calcium: 373.62mg (37.36%), Folate: 134.6µg (33.65%), Vitamin B1: 0.48mg (32.27%), Zinc: 3.67mg (24.45%), Selenium: 16.64µg (23.77%), Vitamin B5: 0.59mg (5.91%)