



Eva's Savory Turkey Legs

READY IN



90 min.

SERVINGS



4

CALORIES



707 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups unseasoned bread cubes dry
- 1.5 tablespoons butter
- 1 large stalk celery minced
- 0.3 cup cranberries dried
- 0.5 teaspoon marjoram dried
- 1 eggs
- 0.3 teaspoon garlic minced
- 0.5 teaspoon ground sage
- 0.3 teaspoon pepper

- 0.5 teaspoon salt
- 2 turkey legs
- 0.3 cup walnuts chopped
- 0.3 cup water hot
- 1 small onion diced yellow

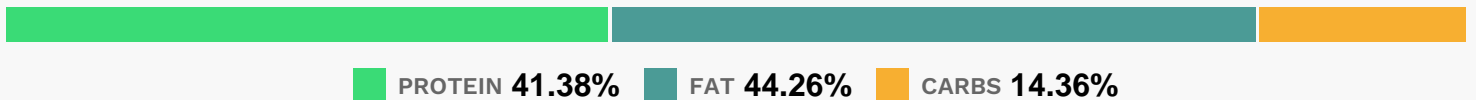
Equipment

- bowl
- baking sheet
- oven
- aluminum foil

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Place a large sheet of aluminum foil on a medium baking sheet.
- In a medium bowl, mix the bread, celery, cranberries, walnuts, onion, and garlic. Season with sage, marjoram, salt, and pepper. Stir in the egg and enough hot water to moisten.
- Arrange turkey legs on the foil sheet, and season with salt and pepper. Spoon the bread mixture around the legs, and dot with butter. Tightly seal the foil around the legs and bread mixture.
- Bake 1 hour in the preheated oven, or until the turkey leg meat has reached an internal temperature of 180 degrees F (80 degrees C).

Nutrition Facts



Properties

Glycemic Index:62.42, Glycemic Load:7.71, Inflammation Score:-6, Nutrition Score:32.334347963333%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 706.58kcal (35.33%), Fat: 34.26g (52.71%), Saturated Fat: 10.69g (66.8%), Carbohydrates: 25.01g (8.34%), Net Carbohydrates: 22.27g (8.1%), Sugar: 10.13g (11.26%), Cholesterol: 292.64mg (97.55%), Sodium: 738.05mg (32.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 72.06g (144.11%), Selenium: 101.5µg (145%), Zinc: 11.2mg (74.64%), Phosphorus: 694.11mg (69.41%), Vitamin B6: 1.28mg (64.02%), Vitamin B3: 11.77mg (58.84%), Vitamin B2: 0.87mg (50.9%), Vitamin B5: 4.22mg (42.23%), Iron: 7.38mg (40.99%), Manganese: 0.75mg (37.39%), Copper: 0.67mg (33.52%), Potassium: 1087.55mg (31.07%), Vitamin B1: 0.42mg (27.92%), Magnesium: 100mg (25%), Vitamin B12: 1.43µg (23.79%), Folate: 79.34µg (19.83%), Calcium: 120.46mg (12.05%), Fiber: 2.74g (10.98%), Vitamin K: 8µg (7.61%), Vitamin A: 277.42IU (5.55%), Vitamin E: 0.6mg (4.02%), Vitamin C: 2.03mg (2.46%), Vitamin D: 0.22µg (1.47%)