



Grilled Spicy Chipotle Barbecue Turkey Drumsticks



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



2

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon onion finely chopped
- ☐ 2 teaspoons water
- ☐ 0.3 cup barbecue sauce
- ☐ 2 tablespoons apricot preserves
- ☐ 1 teaspoon chipotles in adobo chopped (from 7-oz can)
- ☐ 0.1 teaspoon salt
- ☐ 16 oz turkey legs

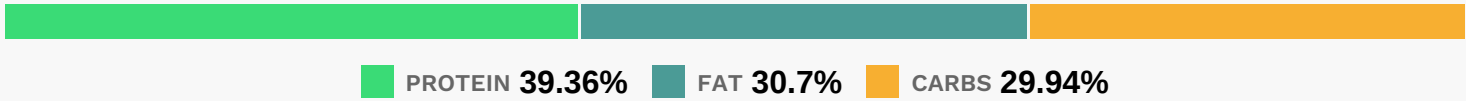
Equipment

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Heat gas or charcoal grill. In 1-quart saucepan, cook onion and water over medium heat 3 to 5 minutes, stirring occasionally, until onion is tender. Stir in barbecue sauce, preserves, chile and salt. Cook 1 to 2 minutes, stirring occasionally, until heated through. Reserve 3 tablespoons sauce.
- ☐ Cover and grill drumsticks over medium-low heat 25 to 30 minutes, turning frequently and brushing with sauce during last 5 minutes, until juice of turkey is clear when thickest part is cut to bone (180°F).
- ☐ Serve drumsticks with reserved 3 tablespoons sauce.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:0.1, Inflammation Score:-3, Nutrition Score:16.019130452819%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 384.62kcal (19.23%), Fat: 12.92g (19.88%), Saturated Fat: 3.9g (24.36%), Carbohydrates: 28.35g (9.45%), Net Carbohydrates: 27.63g (10.05%), Sugar: 20.93g (23.25%), Cholesterol: 133.65mg (44.55%), Sodium: 661.34mg (28.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.27g (74.54%), Selenium: 50.59µg (72.27%), Zinc: 5.9mg (39.33%), Phosphorus: 342.39mg (34.24%), Vitamin B6: 0.68mg (33.84%), Vitamin B3: 5.77mg (28.87%), Vitamin B2: 0.42mg (24.88%), Vitamin B5: 2.12mg (21.21%), Iron: 3.64mg (20.2%), Potassium: 619.57mg (17.7%), Copper: 0.32mg (15.8%), Vitamin B12: 0.73µg (12.24%), Magnesium: 45.53mg (11.38%), Vitamin B1: 0.16mg (10.36%), Folate: 20.69µg (5.17%), Manganese: 0.1mg (5.06%), Calcium: 49.19mg (4.92%), Fiber: 0.72g (2.87%), Vitamin C: 2.34mg (2.84%), Vitamin A: 126.95IU (2.54%), Vitamin E: 0.31mg (2.09%)