



Grilled Turkey Drumsticks



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



636 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 0.3 cup cooking sherry dry
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup soya sauce

- ☐ 4 turkey legs
- ☐ 0.3 cup vegetable oil

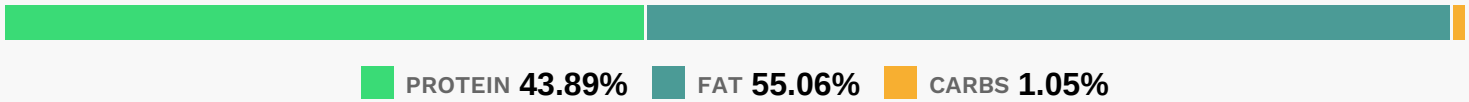
Equipment

- ☐ grill
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Place turkey drumsticks in a large shallow dish or heavy-duty zip-top plastic bag.
- ☐ Combine butter and next 8 ingredients, stirring well.
- ☐ Pour over drumsticks; cover or seal, and chill 8 hours, turning occasionally.
- ☐ Drain drumsticks, reserving marinade. Wrap each drumstick and 1/4 cup marinade in heavy-duty aluminum foil.
- ☐ Grill, covered with grill lid, over medium heat (300 to 350 degrees F)
- ☐ about 1 hour, turning turkey after 30 minutes.
- ☐ Remove foil, reserving marinade. Return drumsticks to grill, and continue cooking 20 to 30 minutes, basting frequently with reserved marinade.

Nutrition Facts



Properties

Glycemic Index:18.88, Glycemic Load:0.27, Inflammation Score:-6, Nutrition Score:28.753478019134%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 636.33kcal (31.82%), Fat: 37.58g (57.82%), Saturated Fat: 9.55g (59.7%), Carbohydrates: 1.61g (0.54%), Net Carbohydrates: 1.36g (0.5%), Sugar: 0.49g (0.55%), Cholesterol: 240.43mg (80.14%), Sodium: 931.97mg (40.52%), Alcohol: 1.03g (100%), Alcohol %: 0.34% (100%), Protein: 67.4g (134.8%), Selenium: 89.57µg (127.96%), Zinc: 10.55mg (70.34%), Phosphorus: 618.6mg (61.86%), Vitamin B6: 1.19mg (59.44%), Vitamin B3: 10.41mg (52.04%), Vitamin K: 47.62µg (45.36%), Vitamin B2: 0.74mg (43.36%), Vitamin B5: 3.75mg (37.55%), Iron: 6.22mg (34.57%), Potassium: 975.1mg (27.86%), Copper: 0.5mg (25.05%), Vitamin B12: 1.33µg (22.13%), Magnesium: 77.83mg (19.46%), Vitamin B1: 0.27mg (18.16%), Folate: 39.6µg (9.9%), Vitamin A: 422.33IU (8.45%), Manganese: 0.16mg (7.92%), Calcium: 67.27mg (6.73%), Vitamin E: 0.98mg (6.53%), Vitamin C: 2.99mg (3.63%)