



# Grilled Turkey Legs

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

READY IN



**75 min.**

SERVINGS



**6**

CALORIES



**850 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon pepper black
- 2 tablespoons honey
- 2 tablespoons hot sauce
- 2 liter lemon lime soda flavored
- 1 tablespoon pepper red crushed
- 1 tablespoon steak seasoning
- 2 tablespoons sugar
- 1 large onion sweet sliced

4 turkey legs

## Equipment

pot

grill

## Directions

Preheat an outdoor grill for high heat, and lightly oil grate.

In a large pot, mix the lemon-lime flavored carbonated beverage, sugar, hot sauce, red pepper, pepper, and onion.

Place the turkey legs in the mixture, and bring to a boil. Cook 30 to 45 minutes, until the turkey has reached an internal temperature of 180 degrees F (80 degrees C).

Remove onion slices from the mixture, and arrange on the prepared grill.

Place turkey legs over the onions.

Drizzle with honey, and season with steak seasoning. Cook, turning once, 20 minutes, or until a crisp browned crust has formed on the turkey legs.

## Nutrition Facts



**PROTEIN 42.8%** **FAT 33.07%** **CARBS 24.13%**

## Properties

Glycemic Index:25.73, Glycemic Load:5.92, Inflammation Score:-7, Nutrition Score:35.466956470324%

## Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg

## Nutrients (% of daily need)

Calories: 849.64kcal (42.48%), Fat: 30.69g (47.21%), Saturated Fat: 9.37g (58.58%), Carbohydrates: 50.38g (16.79%), Net Carbohydrates: 49.06g (17.84%), Sugar: 46.57g (51.74%), Cholesterol: 320.58mg (106.86%), Sodium: 508.89mg (22.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 49.88mg (16.63%), Protein: 89.36g

(178.72%), Selenium: 119.93µg (171.32%), Zinc: 14.17mg (94.45%), Vitamin B6: 1.65mg (82.75%), Phosphorus: 821.56mg (82.16%), Vitamin B3: 13.63mg (68.17%), Vitamin B2: 0.99mg (58.02%), Vitamin B5: 5.01mg (50.11%), Iron: 8.59mg (47.73%), Potassium: 1355.43mg (38.73%), Copper: 0.71mg (35.42%), Vitamin B12: 1.76µg (29.35%), Magnesium: 108.66mg (27.16%), Vitamin B1: 0.38mg (25.2%), Manganese: 0.35mg (17.25%), Folate: 59.7µg (14.93%), Calcium: 110.72mg (11.07%), Vitamin A: 439.47IU (8.79%), Vitamin K: 8.69µg (8.27%), Vitamin C: 6.01mg (7.29%), Fiber: 1.32g (5.26%), Vitamin E: 0.54mg (3.63%)