




 **33%**
HEALTH SCORE

King-Size Drumsticks


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

READY IN




495 min.

SERVINGS



6

CALORIES



466 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 3 tablespoons cornstarch
- 10 ounces enchilada sauce canned
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- 0.5 teaspoon garlic salt
- 4 ounces to 2 chilies slit green drained chopped canned
- 0.5 teaspoon ground cumin
- 1 teaspoon oregano dried
- 72 ounces turkey legs skinless

3 tablespoons water cold

Equipment

bowl

frying pan

sauce pan

kitchen thermometer

slow cooker

Directions

In a large bowl, combine the enchilada sauce, chilies, oregano, garlic salt and cumin.

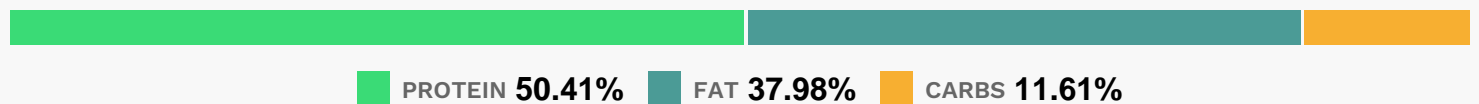
Place the drumsticks in a 5-qt. slow cooker; top with sauce. Cover and cook on low for 8-10 hours or until a meat thermometer reads 180°.

Remove turkey to a serving platter; keep warm. Skim fat from cooking juices; transfer to a small saucepan. Bring liquid to a boil.

Combine cornstarch and water until smooth. Gradually stir into the pan. Bring to a boil; cook and stir for 2 minutes or until thickened.

Serve with turkey drumsticks.

Nutrition Facts



Properties

Glycemic Index:1.67, Glycemic Load:0.01, Inflammation Score:-6, Nutrition Score:23.216956529928%

Nutrients (% of daily need)

Calories: 466.25kcal (23.31%), Fat: 19.03g (29.27%), Saturated Fat: 5.82g (36.4%), Carbohydrates: 13.09g (4.36%), Net Carbohydrates: 10.66g (3.88%), Sugar: 6.95g (7.72%), Cholesterol: 200.48mg (66.83%), Sodium: 1286.07mg (55.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.82g (113.64%), Selenium: 74.68µg (106.69%), Zinc: 8.75mg (58.3%), Phosphorus: 501.62mg (50.16%), Vitamin B6: 0.96mg (48.21%), Vitamin B3: 8.34mg (41.72%), Vitamin B2: 0.6mg (35.18%), Iron: 5.68mg (31.54%), Vitamin B5: 3.08mg (30.81%), Potassium: 778.19mg (22.23%), Copper: 0.41mg (20.39%), Vitamin B12: 1.1µg (18.35%), Magnesium: 61.01mg (15.25%), Vitamin B1: 0.22mg (14.6%),

Vitamin A: 646.56IU (12.93%), Fiber: 2.43g (9.7%), Folate: 29.04µg (7.26%), Calcium: 55.3mg (5.53%), Vitamin C: 4.18mg (5.06%), Manganese: 0.09mg (4.35%), Vitamin K: 2.08µg (1.98%)