



Maple Bourbon Brined Turkey Legs

 Dairy Free

READY IN



1535 min.

SERVINGS



4

CALORIES



1263 kcal

BEVERAGE

DRINK

Ingredients

- 1 bay leaf
- 1 tablespoon peppercorns black
- 0.8 cup bourbon
- 1 teaspoon thyme leaves dried
- 1 tablespoon sea salt
- 0.8 cup maple syrup
- 2 teaspoons chili flakes red
- 0.8 cup salt

- 4 turkey legs
- 2.5 pints water
- 2 tablespoons whole-grain mustard

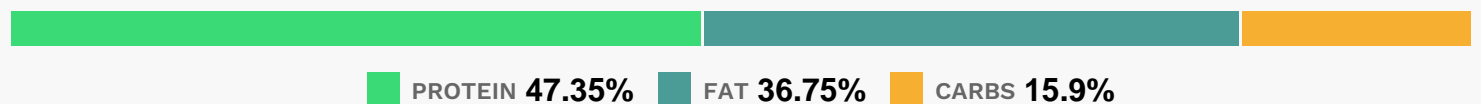
Equipment

- bowl
- oven
- pot
- roasting pan
- ziploc bags

Directions

- Watch how to make this recipe.
- In a medium pot, over low heat, add all the ingredients, except the turkey. Cook stirring to combine and dissolve the salt. When salt has dissolved, remove from the heat and let cool.
- Add the turkey drumsticks to a large resealable plastic bag, and pour in the brine. Seal the bag well, and put into a bowl (in case of leaks). Refrigerate for 24 hours.
- After 24 hours, remove the turkey, discard the brine and preheat the oven to 350 degrees F.
- In a roasting pan, fitted with a rack, add the turkey drumsticks, making sure there is room between each for even cooking. Roast for 90 minutes.
- Remove from the oven to a serving platter and serve hot or cold.

Nutrition Facts



Properties

Glycemic Index:30.13, Glycemic Load:15.25, Inflammation Score:-8, Nutrition Score:50.11956543443%

Nutrients (% of daily need)

Calories: 1263.3kcal (63.17%), Fat: 46.03g (70.81%), Saturated Fat: 14.04g (87.77%), Carbohydrates: 44.81g (14.94%), Net Carbohydrates: 43.22g (15.72%), Sugar: 36.42g (40.47%), Cholesterol: 480.87mg (160.29%), Sodium:

21842.61mg (949.68%), Alcohol: 15.03g (100%), Alcohol %: 1.66% (100%), Protein: 133.41g (266.82%), Selenium: 182.22µg (260.32%), Zinc: 21.65mg (144.33%), Vitamin B2: 2.22mg (130.61%), Phosphorus: 1224.45mg (122.44%), Vitamin B6: 2.37mg (118.57%), Vitamin B3: 20.23mg (101.15%), Manganese: 2.01mg (100.44%), Vitamin B5: 7.46mg (74.64%), Iron: 12.88mg (71.57%), Potassium: 2080.1mg (59.43%), Copper: 1.1mg (54.83%), Vitamin B12: 2.64µg (44.02%), Magnesium: 169.9mg (42.47%), Vitamin B1: 0.59mg (39.56%), Calcium: 228.57mg (22.86%), Folate: 70.63µg (17.66%), Vitamin K: 9.56µg (9.1%), Vitamin A: 346.86IU (6.94%), Fiber: 1.58g (6.33%), Vitamin E: 0.47mg (3.1%)