



 **100%**  
HEALTH SCORE

## Now Make This: Dark Meat Turkey Cacciatore Recipe

 Dairy Free  Very Healthy

READY IN



195 min.

SERVINGS



6

CALORIES



1457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 56 tomatoes diced canned
- 2 tablespoons capers drained
- 1 cup flour all-purpose
- 1 leaves basil fresh chopped
- 4 cloves garlic finely chopped
- 4 tablespoons olive oil
- 1 tablespoon oregano fresh

- 1 turkey breast bone-in
- 2 large turkey legs
- 2 turkey thighs
- 2 turkey wings
- 0.5 bottle wine
- 1 bell pepper yellow chopped
- 2 medium onion yellow finely chopped

## Equipment

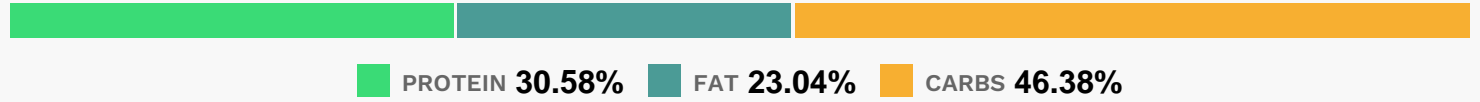
- bowl
- frying pan
- sauce pan
- oven
- pot
- poultry shears

## Directions

- Using sharp poultry shears, trim off any excess skin from the turkey. Some skin is good, but remove any extra. Season each piece of turkey with salt and pepper, then dredge with flour in a large shallow bowl and set aside.
- Heat the 2 tablespoons of olive oil in a large, heavy skillet over medium heat, then brown the turkey pieces in batches until crisp and golden-brown on the outside. Set aside.
- Heat the rest of the olive oil in a large saucepan over medium-high heat, then sauté the onions, garlic and peppers for 10-12 minutes, stirring frequently, until completely softened. Season with salt and pepper.
- Add the tomatoes with their juices, the white wine, the oregano and the capers, bring to a boil, then reduce to a simmer and cook until the volume is reduced by half. Preheat the oven to 325F.
- Add the turkey pieces to the sauce, making sure everything is coated, then cover pot with a lid, transfer to the oven and cook for two hours or until turkey meat is falling off the bone.

- Serve garnished with basil on a platter alongside pasta, potatoes or rice. More braised recipes on Food Republic: Braised Lamb Shanks with Lemon Confit
- Dijon Mustard and White Wine Braised Rabbit
- Braised Peas and Ham with Eggs

## Nutrition Facts



### Properties

Glycemic Index: 37, Glycemic Load: 12.7, Inflammation Score: -10, Nutrition Score: 87.359999993573%

### Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 4.14mg, Kaempferol: 4.14mg, Kaempferol: 4.14mg, Kaempferol: 4.14mg Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg Quercetin: 31.49mg, Quercetin: 31.49mg, Quercetin: 31.49mg, Quercetin: 31.49mg

### Nutrients (% of daily need)

Calories: 1457.1kcal (72.86%), Fat: 39.07g (60.11%), Saturated Fat: 8.96g (56.02%), Carbohydrates: 177.01g (59%), Net Carbohydrates: 136.8g (49.75%), Sugar: 93.64g (104.04%), Cholesterol: 270.72mg (90.24%), Sodium: 6033.23mg (262.31%), Alcohol: 6.44g (100%), Alcohol %: 0.19% (100%), Protein: 116.72g (233.45%), Vitamin C: 396.63mg (480.76%), Vitamin B6: 6.42mg (321.01%), Vitamin B3: 50.99mg (254.96%), Iron: 44.26mg (245.91%), Potassium: 8462.8mg (241.79%), Vitamin E: 27.7mg (184.7%), Vitamin B2: 2.98mg (175.06%), Manganese: 3.39mg (169.3%), Selenium: 113.61µg (162.3%), Fiber: 40.21g (160.83%), Copper: 3.17mg (158.45%), Phosphorus: 1583.89mg (158.39%), Vitamin B1: 2.17mg (144.46%), Magnesium: 534.5mg (133.62%), Calcium: 1291.37mg (129.14%), Vitamin K: 123.54µg (117.66%), Zinc: 15.3mg (102.01%), Folate: 396.14µg (99.03%), Vitamin A: 4590.01IU (91.8%), Vitamin B5: 8.53mg (85.32%), Vitamin B12: 1.94µg (32.26%)