






 **66%**  
HEALTH SCORE

# Orange-Beer-Glazed Turkey Drumsticks with Black Beans

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN  
  
**120 min.**

SERVINGS  
  
**4**

CALORIES  
  
**1174 kcal**

**LUNCH** **MAIN COURSE** **MAIN DISH** **DINNER**

## Ingredients

- 3 tablespoons apple cider vinegar
- 2 bay leaves
- 1.7 cups beer divided
- 4 servings pepper black freshly ground
- 1 teaspoon cumin
- 4 teaspoons garlic clove divided minced
- 1 teaspoon hot sauce such as cholula

- 1 cup pepperoncini pepper juice
- 2 tablespoons lime
- 4 servings kosher salt
- 2 tablespoons olive oil divided
- 1 teaspoon oregano
- 2 tablespoons sherry vinegar
- 1 teaspoon sugar
- 4 turkey legs
- 3 cups onion white finely chopped
- 1 teaspoon worcestershire sauce

## Equipment

- sauce pan
- pot
- grill

## Directions

- Place beans in a large pot with 8 cups of water. Bring to a boil and simmer for 2 minutes. Set aside for 1 hour.
- Drain and rinse beans again. Return to pot with 8 cups of fresh water. Season with 1 tablespoon salt, add bay leaves and bring to a boil over high heat. Cover, reduce heat and simmer until tender, about 1 hour. Periodically, skim off any foam that rises to the surface.
- Meanwhile, heat 1 tablespoon olive oil in a medium saucepan over medium-high heat until shimmering.
- Add onions and cook, stirring frequently, until softened but not browned, about 7 minutes.
- Add half of garlic and cook, stirring constantly, until fragrant, about 30 seconds.
- Add cumin, oregano, 1 teaspoon salt, sugar, and vinegar. Cook until liquid is reduced, about 2 minutes longer, remove from heat, and set aside until ready to use.
- In a medium saucepan, combine orange juice, 1 cup beer, Worcestershire sauce, hot sauce, sherry vinegar, remaining 2 cloves of garlic, and remaining 1 tablespoon olive oil. Bring to a boil

over medium-high heat. Reduce temperature to a simmer and allow to reduce by half, about 30 minutes. Season to taste with salt and pepper.

- Light one chimney full of charcoal. When all the charcoal is lit and covered with gray ash, pour out and spread the coals evenly over half of coal grate. Alternatively, set half the burners of a gas grill to high heat. Set cooking grate in place, cover grill and allow to preheat for 5 minutes. Clean and oil the grilling grate.
- Place turkey legs over cooler side of grill cover, and cook, basting with glaze and turning every ten minutes until internal temperature reaches 170°F, about 45 minutes.
- Remove turkey from grill and allow to rest for 10 minutes while you finish the beans.
- While turkey is resting, drain the beans and discard bay leaves.
- Add 1 cup of beans to onion mixture and mash into a paste. Return drained beans and onion mixture to the original bean pot.
- Add lime juice, 2 tablespoons of the turkey basting liquid and remaining 2/3 cup beer. Bring to a boil over medium-high heat. Simmer for five minutes and remove from heat.
- Serve turkey drumsticks alongside beans, with additional sauce for passing.

## Nutrition Facts

 **PROTEIN 48.29%**  **FAT 42.7%**  **CARBS 9.01%**

## Properties

Glycemic Index:80.59, Glycemic Load:7.81, Inflammation Score:-9, Nutrition Score:47.222608470398%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 3mg, Epicatechin: 3mg, Epicatechin: 3mg, Epicatechin: 3mg Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 24.8mg, Quercetin: 24.8mg, Quercetin: 24.8mg, Quercetin: 24.8mg Galliccatechin: 0.08mg, Galliccatechin: 0.08mg, Galliccatechin: 0.08mg, Galliccatechin: 0.08mg

## Nutrients (% of daily need)

Calories: 1173.85kcal (58.69%), Fat: 52.88g (81.36%), Saturated Fat: 15g (93.77%), Carbohydrates: 25.11g (8.37%), Net Carbohydrates: 22.49g (8.18%), Sugar: 12.37g (13.75%), Cholesterol: 480.87mg (160.29%), Sodium: 755mg (32.83%), Alcohol: 3.84g (100%), Alcohol %: 0.49% (100%), Protein: 134.54g (269.09%), Selenium: 180.57µg (257.96%), Zinc: 21.24mg (141.63%), Vitamin B6: 2.55mg (127.59%), Phosphorus: 1262.78mg (126.28%), Vitamin B3: 20.74mg (103.68%), Vitamin B2: 1.51mg (88.71%), Vitamin B5: 7.63mg (76.32%), Iron: 12.79mg (71.07%), Potassium: 2169.98mg (62%), Copper: 1.05mg (52.3%), Vitamin B12: 2.66µg (44.35%), Magnesium: 168.68mg (42.17%), Vitamin B1: 0.61mg (40.47%), Manganese: 0.5mg (24.94%), Folate: 98.28µg (24.57%), Calcium: 174.67mg (17.47%), Vitamin C: 12.3mg (14.91%), Fiber: 2.62g (10.47%), Vitamin E: 1.16mg (7.72%), Vitamin K: 8.1µg (7.72%)