



Orangey Turkey Legs



Gluten Free



Dairy Free



Low Fod Map

READY IN



165 min.

SERVINGS



4

CALORIES



651 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 11 ounce mandarin orange segents with liquid reserved drained canned
- ☐ 4 servings salt to taste
- ☐ 2 turkey legs
- ☐ 0.3 cup vegetable oil
- ☐ 2 tablespoons distilled vinegar white

Equipment

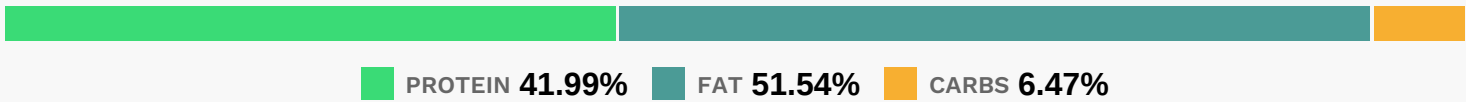
- ☐ food processor

- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ In a blender or food processor, mix the orange segments, vinegar, and brown sugar.
- ☐ Transfer to a large resealable plastic bag, and mix in the reserved mandarin orange liquid and oil.
- ☐ Place the turkey drumsticks in the bag, seal, and marinate in the refrigerator 1 hour.
- ☐ Preheat oven to 375 degrees F (190 degrees C). Line a baking sheet with aluminum foil.
- ☐ Place the marinated turkey drumsticks on the baking sheet, and season with salt.
- ☐ Cover, and bake 30 minutes in the preheated oven.
- ☐ Remove cover, and continue baking 1 hour, basting often with the remaining orange mixture, to an internal temperature of 180 degrees F (80 degrees C).

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:29.85695659596%

Nutrients (% of daily need)

Calories: 650.55kcal (32.53%), Fat: 36.41g (56.02%), Saturated Fat: 9.06g (56.61%), Carbohydrates: 10.28g (3.43%), Net Carbohydrates: 9.35g (3.4%), Sugar: 9.35g (10.38%), Cholesterol: 240.43mg (80.14%), Sodium: 449.28mg (19.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 66.76g (133.52%), Selenium: 89.79µg (128.27%), Zinc: 10.88mg (72.53%), Phosphorus: 608.41mg (60.84%), Vitamin B6: 1.19mg (59.31%), Vitamin B3: 10.33mg (51.65%), Vitamin B2: 0.74mg (43.45%), Vitamin B5: 3.7mg (36.95%), Iron: 6.06mg (33.68%), Vitamin C: 26.43mg (32.03%), Potassium: 1034.7mg (29.56%), Copper: 0.51mg (25.74%), Vitamin K: 25.06µg (23.86%), Vitamin B12: 1.32µg (22.01%), Vitamin B1: 0.33mg (21.96%), Vitamin A: 1033.01IU (20.66%), Magnesium: 80.05mg (20.01%), Folate: 37.79µg (9.45%), Vitamin E: 1.23mg (8.21%), Calcium: 70.01mg (7%), Manganese: 0.08mg (4.07%), Fiber: 0.94g (3.74%)