



Oven-Barbecued Turkey Drumsticks



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 2 garlic cloves pressed
- ☐ 2 teaspoons hot sauce
- ☐ 1.5 cups catsup
- ☐ 0.5 cup lite soy sauce
- ☐ 3 lb turkey legs fresh
- ☐ 2 teaspoons worcestershire sauce

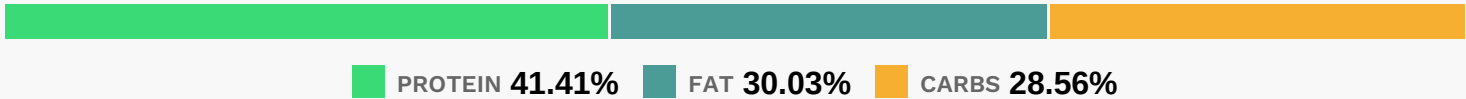
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Stir together ketchup and next 6 ingredients in a 1-qt. saucepan over medium-high heat. Bring to a boil; reduce heat to low, and simmer, stirring occasionally, 10 minutes.
- ☐ Place drumsticks in an 11- x 7-inch baking dish.
- ☐ Pour 1 cup ketchup mixture evenly over drumsticks.
- ☐ Bake, covered, at 350 for 1 hour; uncover, top with remaining 1 cup sauce, and bake 30 more minutes or until fork tender.
- ☐ Note: To make ketchup sauce ahead, prepare as directed in Step Cool sauce, pour into a 1-qt. airtight container, and chill for up to 2 days.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.35, Inflammation Score:-6, Nutrition Score:27.196956831476%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 571.99kcal (28.6%), Fat: 19.11g (29.4%), Saturated Fat: 5.84g (36.47%), Carbohydrates: 40.89g (13.63%), Net Carbohydrates: 40.34g (14.67%), Sugar: 33.34g (37.05%), Cholesterol: 200.48mg (66.83%), Sodium: 2741.16mg (119.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.28g (118.56%), Selenium: 75.8µg (108.28%), Zinc: 9.03mg (60.22%), Vitamin B6: 1.19mg (59.4%), Phosphorus: 565.77mg (56.58%), Vitamin B3: 10.81mg (54.03%), Vitamin B2: 0.8mg (46.86%), Iron: 6.16mg (34.25%), Vitamin B5: 3.26mg (32.58%), Potassium: 1136.54mg (32.47%),

Copper: 0.53mg (26.71%), Magnesium: 84.73mg (21.18%), Vitamin B12: 1.1µg (18.35%), Vitamin B1: 0.25mg (16.68%),
Manganese: 0.33mg (16.64%), Folate: 42.14µg (10.54%), Vitamin A: 477.46IU (9.55%), Vitamin E: 1.32mg (8.8%),
Calcium: 85.01mg (8.5%), Vitamin C: 6.06mg (7.34%), Vitamin K: 2.8µg (2.67%), Fiber: 0.55g (2.18%)