



Oven-Barbecued Turkey Legs

 **Gluten Free**  **Dairy Free**

READY IN



130 min.

SERVINGS



4

CALORIES



495 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup original barbecue sauce kraft
- 2 Tbsp brown sugar
- 0.3 tsp ground pepper black
- 0.3 tsp ground pepper red (cayenne)
- 1 tsp grey poupon savory honey mustard
- 0.3 tsp onion powder
- 3 lb turkey legs

Equipment

frying pan

oven

Directions

Heat oven to 325F.

Mix first 5 ingredients until blended.

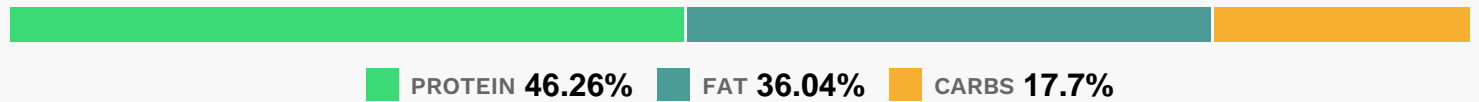
Remove half the sauce; refrigerate until ready to serve with the cooked turkey.

Season turkey with pepper; place in shallow pan.

Bake 2 hours or until done (165F), turning and brushing occasionally with remaining sauce for the last hour.

Serve with the reserved sauce.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:22.726956425802%

Nutrients (% of daily need)

Calories: 494.57kcal (24.73%), Fat: 19.23g (29.58%), Saturated Fat: 5.84g (36.49%), Carbohydrates: 21.23g (7.08%), Net Carbohydrates: 20.83g (7.57%), Sugar: 17.96g (19.96%), Cholesterol: 200.48mg (66.83%), Sodium: 585.27mg (25.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.52g (111.03%), Selenium: 75.12µg (107.31%), Zinc: 8.8mg (58.65%), Phosphorus: 508.18mg (50.82%), Vitamin B6: 0.99mg (49.67%), Vitamin B3: 8.55mg (42.76%), Vitamin B2: 0.62mg (36.3%), Vitamin B5: 3.15mg (31.47%), Iron: 5.15mg (28.64%), Potassium: 867.17mg (24.78%), Copper: 0.43mg (21.62%), Vitamin B12: 1.1µg (18.35%), Magnesium: 65.04mg (16.26%), Vitamin B1: 0.23mg (15.12%), Folate: 29.25µg (7.31%), Calcium: 66.08mg (6.61%), Manganese: 0.13mg (6.56%), Vitamin A: 136.05IU (2.72%), Vitamin E: 0.32mg (2.14%), Fiber: 0.41g (1.63%)