



Roasted Turkey Legs

 Gluten Free  Dairy Free

READY IN



240 min.

SERVINGS



4

CALORIES



1461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup balsamic vinegar
- 0.5 cup brown sugar
- 0.5 cup catsup
- 0.3 cup blackstrap molasses
- 0.5 cup pomegranate molasses
- 4 tablespoons sage leaves dried divided
- 0.5 cup salt
- 4 tablespoons thyme leaves dried divided

- 4 turkey legs
- 0.5 cup sugar white
- 2 cups white wine
- 2 tablespoons worcestershire sauce

Equipment

- frying pan
- paper towels
- sauce pan
- oven
- kitchen thermometer

Directions

- Place the salt and sugar into a large resealable bag.
- Pour in enough water to cover the turkey legs, and squeeze the bag to dissolve salt and sugar. Immerse the turkey legs in the brine, and seal the bag. Refrigerate for at least 2 hours to brine.
- In a saucepan, stir together the white wine, pomegranate molasses, brown sugar, regular molasses, vinegar, ketchup and Worcestershire sauce. Bring to a boil, and cook until reduced by half. Season with 1 tablespoon of sage and 1 tablespoon of thyme. Taste and adjust sugar, salt and pepper if desired.
- Preheat the oven to 325 degrees F (165 degrees C).
- Remove the turkey legs from the brine and pat dry with paper towels. Discard the brine.
- Heat a large oven-proof skillet over medium-high heat. Cast iron will work well. Fry the turkey, turning frequently, until browned on all sides.
- Place the pan with the turkey into the oven.
- Roast uncovered for 45 minutes in the preheated oven.
- Remove and turn legs over. Season with some of the remaining thyme and sage, and spoon some of the sauce onto the legs to coat. Return to the oven for an additional 30 minutes.
- Repeat the seasoning and baste with the sauce again, and return to the oven. Roast for 15 more minutes, then test for doneness. The internal temperature should be 180 degrees F (82 degrees C) when taken with a meat thermometer.

Serve turkey with remaining sauce on the side.

Nutrition Facts

PROTEIN 39.68% **FAT 30.81%** **CARBS 29.51%**

Properties

Glycemic Index:56.02, Glycemic Load:26.53, Inflammation Score:-10, Nutrition Score:53.286086668139%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 3.17mg, Luteolin: 3.17mg, Luteolin: 3.17mg, Luteolin: 3.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 1461.18kcal (73.06%), Fat: 46.06g (70.87%), Saturated Fat: 14.16g (88.51%), Carbohydrates: 99.3g (33.1%), Net Carbohydrates: 97.8g (35.57%), Sugar: 88.46g (98.29%), Cholesterol: 480.87mg (160.29%), Sodium: 15056.79mg (654.64%), Alcohol: 12.36g (100%), Alcohol %: 1.55% (100%), Protein: 133.49g (266.98%), Copper: 19.37mg (968.4%), Selenium: 183.44µg (262.06%), Zinc: 21.5mg (143.33%), Vitamin B6: 2.59mg (129.35%), Phosphorus: 1253.58mg (125.36%), Vitamin B3: 20.93mg (104.66%), Vitamin B2: 1.55mg (91.38%), Iron: 15.86mg (88.1%), Vitamin B5: 7.68mg (76.85%), Potassium: 2520.04mg (72%), Manganese: 1.43mg (71.74%), Magnesium: 236.36mg (59.09%), Vitamin B12: 2.64µg (44.02%), Vitamin B1: 0.57mg (37.77%), Calcium: 286.53mg (28.65%), Folate: 75.73µg (18.93%), Vitamin C: 13.54mg (16.41%), Vitamin A: 513.5IU (10.27%), Fiber: 1.5g (6%), Vitamin E: 0.44mg (2.97%), Vitamin K: 1.47µg (1.4%)