



 **59%**  
HEALTH SCORE

# Sherry Vinegar-Brown Sugar Glazed Turkey Drumsticks

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

READY IN



**90 min.**

SERVINGS



**8**

CALORIES



**974 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 cups chicken stock see homemade
- 0.3 cup brown sugar dark
- 4 cloves garlic coarsely chopped
- 2 tablespoons olive oil
- 8 servings olive oil
- 1 tablespoon paprika spanish
- 4 plum tomatoes canned drained chopped

- 8 servings salt and pepper black freshly ground
- 2 shallots coarsely chopped
- 1 cup aged sherry vinegar
- 6 turkey legs

## Equipment

- sauce pan
- blender
- grill

## Directions

- Watch how to make this recipe.
- Prepare a charcoal grill for indirect grilling or heat a gas grill to medium heat.
- Brush drumsticks with oil and season with salt and pepper.
- Place on the grill over the coals (if using charcoal grill) and grill until golden brown on all sides. Move the drumsticks to the cooler part of the grill, place the lid on and continue cooking until just cooked through, about 45 minutes to 1 hour, brushing with the glaze during the last 20 minutes of cooking.
- Remove from the grill, brush with more of the glaze and let rest 10 minutes before serving. If using gas, cook at medium heat the whole time with the lid closed after a crust has formed.
- Heat oil in a medium saucepan over medium-high heat on the grates of the grill.
- Add the shallots and garlic and cook until a light golden brown.
- Add vinegar and cook until reduced by half.
- Add sugar, paprika, tomatoes and chicken stock and cook until reduced by half and tomatoes are very soft.
- Transfer to a blender and blend until smooth. Return to the saucepan and cook until thickened; season with salt and pepper.
- Let cool.

## Nutrition Facts



■ PROTEIN 43.51% ■ FAT 50.59% ■ CARBS 5.9%

## Properties

Glycemic Index:20.25, Glycemic Load:0.74, Inflammation Score:-6, Nutrition Score:39.974347456642%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 974.03kcal (48.7%), Fat: 53.16g (81.78%), Saturated Fat: 13.28g (82.98%), Carbohydrates: 13.95g (4.65%), Net Carbohydrates: 13.29g (4.83%), Sugar: 9.94g (11.04%), Cholesterol: 364.25mg (121.42%), Sodium: 554.78mg (24.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 102.85g (205.69%), Selenium: 137.12µg (195.88%), Zinc: 15.97mg (106.49%), Phosphorus: 948.1mg (94.81%), Vitamin B6: 1.87mg (93.59%), Vitamin B3: 17.09mg (85.46%), Vitamin B2: 1.18mg (69.63%), Vitamin B5: 5.61mg (56.06%), Iron: 9.47mg (52.61%), Potassium: 1637.84mg (46.8%), Copper: 0.82mg (41.11%), Vitamin B12: 1.98µg (33.02%), Vitamin B1: 0.45mg (30.14%), Magnesium: 118.69mg (29.67%), Vitamin E: 2.75mg (18.31%), Folate: 64.24µg (16.06%), Vitamin K: 13.52µg (12.88%), Manganese: 0.22mg (11.13%), Calcium: 106.28mg (10.63%), Vitamin C: 7.09mg (8.6%), Vitamin A: 314.4IU (6.29%), Fiber: 0.65g (2.61%)