



## Slow-Cooker Turkey Drumsticks with Plum Sauce

 Dairy Free

READY IN



505 min.

SERVINGS



4

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2.5 lb turkey legs skinless
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 0.7 cup plum sauce chinese
- 0.3 cup spring onion sliced
- 1 tablespoon soya sauce
- 1 tablespoon water cold

- 1 tablespoon cornstarch
- 1 serving noodles hot cooked

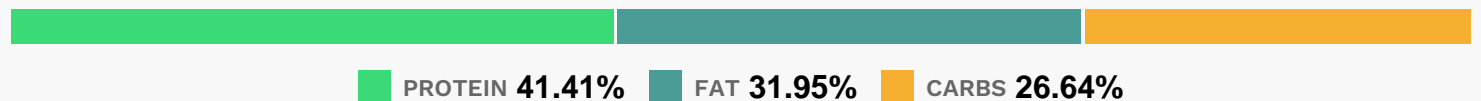
## Equipment

- bowl
- aluminum foil
- slow cooker

## Directions

- Sprinkle turkey drumsticks with salt and pepper. In 5- to 6-quart slow cooker, place drumsticks. In small bowl, mix plum sauce, onions and soy sauce.
- Pour over turkey.
- Cover; cook on Low heat setting 8 to 10 hours.
- About 25 minutes before serving, remove turkey from slow cooker; place on serving platter. Cover with foil to keep warm.
- Remove any fat from liquid in slow cooker.
- In small bowl, blend water and cornstarch until smooth. Stir into liquid in slow cooker. Increase heat setting to High. Cover; cook 15 to 20 minutes longer or until sauce has thickened.
- Remove turkey meat from bones.
- Serve turkey with sauce over noodles.

## Nutrition Facts



## Properties

Glycemic Index:31.88, Glycemic Load:3.17, Inflammation Score:-4, Nutrition Score:21.86391317974%

## Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

## Nutrients (% of daily need)

Calories: 479.24kcal (23.96%), Fat: 16.56g (25.48%), Saturated Fat: 4.97g (31.05%), Carbohydrates: 31.09g (10.36%), Net Carbohydrates: 30.05g (10.93%), Sugar: 0.39g (0.43%), Cholesterol: 167.06mg (55.69%), Sodium: 991.6mg (43.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.31g (96.61%), Selenium: 68.08µg (97.26%), Zinc: 7.53mg (50.21%), Phosphorus: 449.38mg (44.94%), Vitamin B6: 0.86mg (43.23%), Vitamin B3: 7.76mg (38.79%), Vitamin B2: 0.56mg (32.77%), Iron: 5.3mg (29.45%), Vitamin B5: 2.64mg (26.43%), Potassium: 817.7mg (23.36%), Copper: 0.41mg (20.58%), Vitamin K: 17.45µg (16.62%), Magnesium: 63.12mg (15.78%), Vitamin B12: 0.92µg (15.29%), Vitamin B1: 0.2mg (13.46%), Manganese: 0.23mg (11.58%), Folate: 34.23µg (8.56%), Calcium: 55.37mg (5.54%), Fiber: 1.04g (4.16%), Vitamin A: 112.68IU (2.25%), Vitamin C: 1.82mg (2.21%)