



Slow Cooker Turkey Legs



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



430 min.

SERVINGS



6

CALORIES



979 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



6 servings salt and ground pepper black to taste



3 teaspoons poultry seasoning divided



6 turkey legs

Equipment



aluminum foil

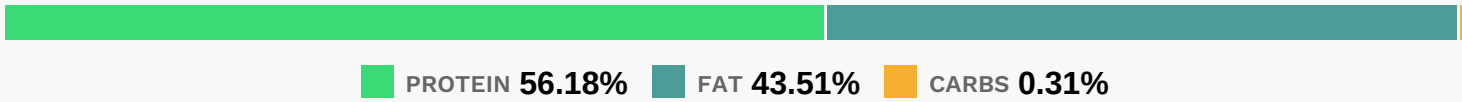


slow cooker

Directions

- ☐ Wash the turkey legs, and shake off excess moisture.
- ☐ Sprinkle each turkey leg with about 1/2 teaspoon of poultry seasoning, salt, and black pepper to taste. Wrap the leg tightly in aluminum foil. Repeat with remaining legs.
- ☐ Place the wrapped turkey legs into a slow cooker with no liquids or other ingredients. Set the cooker to Low, and cook until the meat is very tender, 7 to 8 hours.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:43.146956630375%

Nutrients (% of daily need)

Calories: 978.6kcal (48.93%), Fat: 45.59g (70.14%), Saturated Fat: 13.99g (87.41%), Carbohydrates: 0.72g (0.24%), Net Carbohydrates: 0.58g (0.21%), Sugar: 0.03g (0.03%), Cholesterol: 480.87mg (160.29%), Sodium: 501.48mg (21.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 132.45g (264.89%), Selenium: 178.88µg (255.54%), Zinc: 20.96mg (139.74%), Phosphorus: 1200.65mg (120.07%), Vitamin B6: 2.32mg (115.81%), Vitamin B3: 19.99mg (99.95%), Vitamin B2: 1.43mg (84.19%), Vitamin B5: 7.38mg (73.84%), Iron: 12.01mg (66.73%), Potassium: 1857.14mg (53.06%), Copper: 0.97mg (48.57%), Vitamin B12: 2.64µg (44.02%), Magnesium: 144.64mg (36.16%), Vitamin B1: 0.52mg (34.95%), Folate: 69.13µg (17.28%), Calcium: 125.54mg (12.55%), Manganese: 0.23mg (11.52%), Vitamin K: 8.22µg (7.83%)