

 **100%**  
HEALTH SCORE

## Smoked Turkey and Greens

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

READY IN



**105 min.**

SERVINGS



**12**

CALORIES



**2002 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 servings pepper black freshly ground
- 1 head cabbage shredded
- 1 pound collard greens cleaned
- 0.5 teaspoon pepper red crushed
- 3 cloves garlic with the side of a knife blade and minced crushed
- 1 tablespoon grapeseed oil
- 12 servings salt
- 1 pound pkt spinach dried fresh

24 turkey legs smoked

## Equipment

oven

pot

roasting pan

aluminum foil

## Directions

Preheat oven to 350 degrees F. Season turkey legs with black pepper,

Heat grapeseed oil in a large deep pot over medium-high heat.

Add turkey legs and brown in batches on all sides.

Transfer to a roasting pan, cover with foil, place in oven and roast until fork tender, about 35 minutes.

Add garlic to pot and lightly saute over medium heat being careful not to burn the garlic. Stir in the crushed red pepper and shredded cabbage and allow to cook about 10 minutes.

Add collard greens and cook for 10 minutes more.

Add spinach, season with salt and freshly ground black pepper and cook until tender but still bright green.

Transfer greens to a platter and top with turkey legs.

## Nutrition Facts

**PROTEIN 55.29%** **FAT 43.02%** **CARBS 1.69%**

## Properties

Glycemic Index:16, Glycemic Load:1.35, Inflammation Score:-10, Nutrition Score:74.122173931288%

## Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 5.85mg, Kaempferol: 5.85mg, Kaempferol: 5.85mg, Kaempferol: 5.85mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

## Nutrients (% of daily need)

Calories: 2002.19kcal (100.11%), Fat: 92.67g (142.56%), Saturated Fat: 28.09g (175.56%), Carbohydrates: 8.16g (2.72%), Net Carbohydrates: 3.86g (1.4%), Sugar: 2.77g (3.08%), Cholesterol: 961.74mg (320.58%), Sodium: 1247.59mg (54.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 267.94g (535.88%), Selenium: 358.83µg (512.61%), Vitamin K: 405.53µg (386.21%), Zinc: 42.29mg (281.91%), Phosphorus: 2446.77mg (244.68%), Vitamin B6: 4.85mg (242.34%), Vitamin B3: 40.67mg (203.33%), Vitamin B2: 3.01mg (177.1%), Vitamin B5: 15.06mg (150.57%), Iron: 24.89mg (138.3%), Potassium: 4124.02mg (117.83%), Vitamin A: 5581.71IU (111.63%), Copper: 2.01mg (100.45%), Vitamin B12: 5.28µg (88.05%), Magnesium: 334.09mg (83.52%), Vitamin B1: 1.14mg (76.06%), Folate: 290.15µg (72.54%), Vitamin C: 51.89mg (62.9%), Manganese: 1.03mg (51.7%), Calcium: 387.85mg (38.79%), Fiber: 4.31g (17.22%), Vitamin E: 2.1mg (14.03%)