

food  
network

 **63%**  
HEALTH SCORE

## Smoked Turkey Leg Osso Bucco with Creamed Corn

 Very Healthy

READY IN



95 min.

SERVINGS



6

CALORIES



1483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 bay leaves
- 2 cups beef broth
- 6 servings canola oil for searing
- 1 cup carrots diced
- 1 cup celery diced
- 6 ears corn
- 4 tablespoons flour all-purpose

- 2 tablespoons garlic fresh chopped
- 1 cup heavy cream
- 1 cup onion diced
- 2 tablespoons parsley leaves chopped
- 2 cups red wine
- 2 teaspoons rosemary leaves chopped
- 6 servings salt and pepper black freshly ground
- 4 tablespoons tomato paste
- 6 large turkey legs per serving, add 6 more legs)
- 2 tablespoons butter unsalted
- 1 cup onion diced white

## Equipment

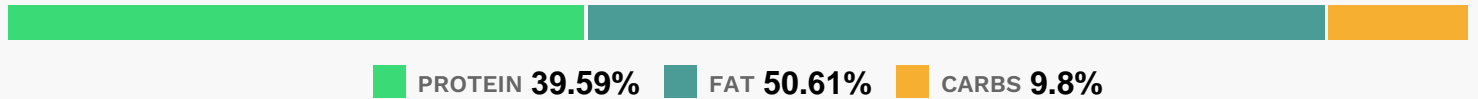
- frying pan
- sauce pan
- knife

## Directions

- For the turkey: In a large heavy bottomed saucepan, heat the canola oil until smoking.
- Season the turkey legs with salt and pepper and sear in the hot pan until golden brown all over, turning constantly, about 5 minutes.
- Remove from pan to a plate and set aside until needed.
- In the same pan add the garlic, onions, carrots, and celery and cook until vegetables are soft, about 5 minutes. Stir in the tomato paste and flour and continue to cook for 5 minutes.
- Add the wine and the beef broth. Return the turkey legs to the pan and continue to cook until tender, about 1 hour.
- For the creamed corn: While waiting for the legs to cook, begin the creamed corn.
- Add the butter to a saute pan over medium heat.
- Add the onions and saute until they become translucent. Using a sharp knife remove the corn kernels from the cob.

- Add the kernels to the sauteed onions and continue to cook until the corn becomes tender, about 10 minutes. Stir in the heavy cream and reduce the cream, until the mixture forms a thick sauce around the corn. Adjust the seasoning with salt and pepper, to taste, and set aside until needed.
- Once the turkey legs are cooked and the meat is really tender, remove them from the liquid to a platter. Reduce the cooking liquid over medium heat until it coats the back of a spoon.
- Add the bay leaves and the fresh herbs and allow to infuse for about 5 minutes. Season with salt and pepper, to taste.
- Remove the bay leaves.
- Arrange a turkey leg on each serving plate and cover with the cooking liquid. Spoon some of the creamed corn alongside and serve.

## Nutrition Facts



### Properties

Glycemic Index:71.97, Glycemic Load:5.91, Inflammation Score:-10, Nutrition Score:57.823478242625%

### Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Petunidin: 1.58mg, Petunidin: 1.58mg, Petunidin: 1.58mg, Petunidin: 1.58mg Delphinidin: 1.61mg, Delphinidin: 1.61mg, Delphinidin: 1.61mg, Delphinidin: 1.61mg Malvidin: 11.07mg, Malvidin: 11.07mg, Malvidin: 11.07mg, Malvidin: 11.07mg Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg Catechin: 5.71mg, Catechin: 5.71mg, Catechin: 5.71mg, Catechin: 5.71mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 1.42mg, Naringenin: 1.42mg, Naringenin: 1.42mg, Naringenin: 1.42mg Apigenin: 3.46mg, Apigenin: 3.46mg, Apigenin: 3.46mg, Apigenin: 3.46mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 2.69mg, Isorhamnetin: 2.69mg, Isorhamnetin: 2.69mg, Isorhamnetin: 2.69mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 11.82mg, Quercetin: 11.82mg, Quercetin: 11.82mg, Quercetin: 11.82mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

### Nutrients (% of daily need)

Calories: 1482.72kcal (74.14%), Fat: 79.28g (121.97%), Saturated Fat: 26.95g (168.42%), Carbohydrates: 34.53g (11.51%), Net Carbohydrates: 30.23g (10.99%), Sugar: 12.14g (13.49%), Cholesterol: 535.73mg (178.58%), Sodium:

942.65mg (40.98%), Alcohol: 8.48g (100%), Alcohol %: 0.98% (100%), Protein: 139.52g (279.04%), Selenium: 184.3µg (263.29%), Zinc: 21.87mg (145.79%), Phosphorus: 1378.13mg (137.81%), Vitamin B6: 2.62mg (131.06%), Vitamin B3: 23.37mg (116.85%), Vitamin B2: 1.68mg (98.73%), Vitamin A: 4810.44IU (96.21%), Vitamin B5: 8.4mg (83.99%), Iron: 13.59mg (75.5%), Potassium: 2598.98mg (74.26%), Copper: 1.12mg (55.92%), Magnesium: 206.56mg (51.64%), Vitamin B1: 0.77mg (51.29%), Vitamin B12: 2.77µg (46.15%), Vitamin K: 43.44µg (41.37%), Folate: 142.65µg (35.66%), Manganese: 0.66mg (32.85%), Vitamin E: 3.66mg (24.39%), Vitamin C: 17.07mg (20.69%), Calcium: 194.02mg (19.4%), Fiber: 4.3g (17.19%), Vitamin D: 0.7µg (4.7%)