



Stuffed Turkey Legs

 Gluten Free  Dairy Free

READY IN



135 min.

SERVINGS



4

CALORIES



1225 kcal

SIDE DISH

Ingredients

- 5 slices bacon
- 2 bell peppers green
- 1 pinch ground pepper black
- 1 cup olive oil
- 1 tablespoon oregano dried
- 2 tablespoons salt
- 2 tablespoons teriyaki sauce
- 4 turkey legs

2 tablespoons distilled vinegar white

1 large onion white

Equipment

bowl

frying pan

Directions

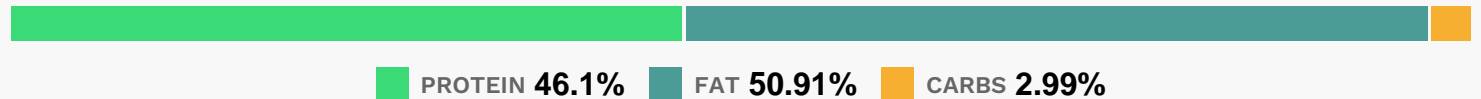
Make numerous vertical slits in the turkey legs.

In a small bowl combine the olive oil with the salt, pepper, teriyaki, vinegar and oregano. Thoroughly coat each turkey leg with the mixture.

Cut onion, green pepper and bacon into small squares, approximately the same size as the slits you cut on the turkey legs. Fill each slit with one piece of pepper, onion and bacon.

After the legs are stuffed, brown them in the oil mixture all around on medium-high. Lower temperature to low and cover. Cook for 45 minutes or until meat starts to separate from the bone. If the legs dry out when cooking, add a little water to the skillet and lower the temperature.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:0.97, Inflammation Score:-9, Nutrition Score:49.62782604798%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 2.87mg, Luteolin: 2.87mg, Luteolin: 2.87mg, Luteolin: 2.87mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.93mg, Quercetin: 8.93mg, Quercetin: 8.93mg, Quercetin: 8.93mg

Nutrients (% of daily need)

Calories: 1225.16kcal (61.26%), Fat: 67.42g (103.73%), Saturated Fat: 19.17g (119.8%), Carbohydrates: 8.9g (2.97%), Net Carbohydrates: 6.7g (2.44%), Sugar: 4.34g (4.82%), Cholesterol: 499.02mg (166.34%), Sodium: 4520.14mg

(196.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 137.38g (274.77%), Selenium: 184.72µg (263.89%), Zinc: 21.45mg (142.98%), Vitamin B6: 2.58mg (128.82%), Phosphorus: 1277.23mg (127.72%), Vitamin B3: 21.57mg (107.84%), Vitamin B2: 1.49mg (87.71%), Vitamin B5: 7.67mg (76.7%), Iron: 12.75mg (70.84%), Vitamin C: 50.64mg (61.38%), Potassium: 2099.62mg (59.99%), Copper: 1.05mg (52.38%), Vitamin B12: 2.78µg (46.31%), Vitamin B1: 0.65mg (43.57%), Magnesium: 164.31mg (41.08%), Folate: 84.49µg (21.12%), Vitamin K: 18.87µg (17.97%), Manganese: 0.35mg (17.6%), Calcium: 156.16mg (15.62%), Vitamin E: 2.13mg (14.2%), Fiber: 2.2g (8.78%), Vitamin A: 272.79IU (5.46%)