



Sweet and Spicy Satsuma Turkey



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons five spice powder
- ☐ 1 tablespoon cooking oil
- ☐ 1.5 tablespoons cornstarch
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 cups mandarin oranges fresh (7 oranges)
- ☐ 0.7 cup orange juice fresh (2 large oranges)
- ☐ 0.3 cup orange marmalade
- ☐ 3 cups onion red thinly sliced (1 large onion)

- ☐ 0.8 cup mirin sweet white
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons tamarind paste
- ☐ 3.8 pounds turkey thighs bone-in

Equipment

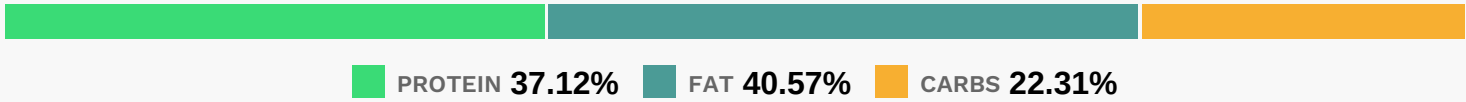
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Combine first 6 ingredients in a 5-quart oval electric slow cooker.
- ☐ Rinse turkey with cold water; pat dry.
- ☐ Sprinkle turkey with five-spice powder and salt.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add turkey; cook 3 to 4 minutes on each side or until browned.
- ☐ Place turkey in a single layer over onion mixture in slow cooker, overlapping slightly.
- ☐ Add orange sections. Cover and cook on LOW for 4 hours.
- ☐ Remove turkey from slow cooker.
- ☐ Remove bones from turkey; discard bones.
- ☐ Place turkey on a platter.
- ☐ Pour cooking liquid and orange sections into a medium saucepan, reserving 1/4 cup cooking liquid.
- ☐ Combine reserved cooking liquid and cornstarch in a small bowl, stirring with a whisk until smooth. Stir cornstarch mixture into orange mixture in saucepan. Bring to a boil; cook, stirring constantly, 1 minute or until sauce thickens.

- ☐ Serve sauce over turkey.
- ☐ Sprinkle with green onions, if desired.

Nutrition Facts



Properties

Glycemic Index:18.63, Glycemic Load:3, Inflammation Score:0, Nutrition Score:25.550434884818%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 12.23mg, Quercetin: 12.23mg, Quercetin: 12.23mg, Quercetin: 12.23mg

Nutrients (% of daily need)

Calories: 464.96kcal (23.25%), Fat: 20.13g (30.97%), Saturated Fat: 5.92g (36.97%), Carbohydrates: 24.91g (8.3%), Net Carbohydrates: 22.89g (8.32%), Sugar: 16.87g (18.74%), Cholesterol: 131.83mg (43.94%), Sodium: 1235.11mg (53.7%), Alcohol: 2.14g (100%), Alcohol %: 0.71% (100%), Protein: 41.43g (82.87%), Vitamin B12: 8.5µg (141.75%), Selenium: 85.78µg (122.54%), Zinc: 9.15mg (60.98%), Vitamin B2: 0.69mg (40.29%), Phosphorus: 397.17mg (39.72%), Vitamin C: 31.7mg (38.43%), Vitamin B3: 5.55mg (27.76%), Vitamin B6: 0.54mg (26.93%), Iron: 3.95mg (21.97%), Potassium: 738.49mg (21.1%), Vitamin B1: 0.31mg (20.82%), Vitamin B5: 1.83mg (18.28%), Copper: 0.29mg (14.47%), Vitamin A: 711.42IU (14.23%), Magnesium: 53.43mg (13.36%), Fiber: 2.01g (8.06%), Folate: 23.67µg (5.92%), Manganese: 0.11mg (5.48%), Calcium: 52.2mg (5.22%), Vitamin E: 0.45mg (3.03%), Vitamin K: 1.69µg (1.61%)