



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 canola 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 wine sweet
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons tamarind paste
- ☐ 3.8 pounds turkey thighs bone-in

Equipment

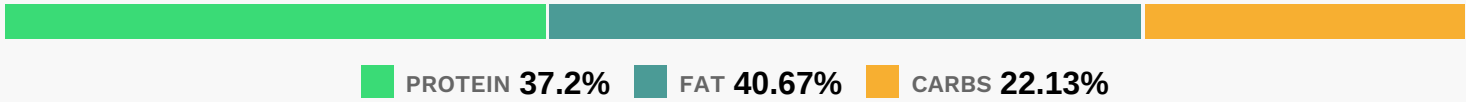
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ slow cooker

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:20.5, Glycemic Load:3.09, Inflammation Score:-8, Nutrition Score:25.753478143526%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.56mg, Hesperetin: 2.56mg, Hesperetin: 2.56mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg 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: 12.24mg, Quercetin: 12.24mg, Quercetin: 12.24mg, Quercetin: 12.24mg

Nutrients (% of daily need)

Calories: 465.41kcal (23.27%), Fat: 20.13g (30.97%), Saturated Fat: 5.92g (36.97%), Carbohydrates: 24.65g (8.22%), Net Carbohydrates: 22.64g (8.23%), Sugar: 17.08g (18.98%), Cholesterol: 131.83mg (43.94%), Sodium: 1236.24mg (53.75%), Alcohol: 2.32g (100%), Alcohol %: 0.77% (100%), Protein: 41.43g (82.87%), Vitamin B12: 8.5µg (141.75%), Selenium: 85.8µg (122.57%), Zinc: 9.17mg (61.16%), Vitamin B2: 0.69mg (40.49%), Phosphorus: 401.22mg (40.12%), Vitamin C: 31.7mg (38.43%), Vitamin B3: 5.58mg (27.88%), Vitamin B6: 0.55mg (27.49%), Iron: 4.01mg (22.3%), Potassium: 754.46mg (21.56%), Vitamin B1: 0.31mg (20.89%), Vitamin B5: 1.84mg (18.38%), Copper: 0.29mg (14.51%), Vitamin A: 711.42IU (14.23%), Magnesium: 55.68mg (13.92%), Fiber: 2.01g (8.06%), Manganese: 0.14mg (6.8%), Folate: 23.89µg (5.97%), Calcium: 54.22mg (5.42%), Vitamin E: 0.45mg (3.03%), Vitamin K: 1.78µg (1.69%)