

food
network



HEALTH SCORE

72%

Turkey and Chicken Legs with Medieval Marinade



Gluten Free



Dairy Free



Very Healthy

READY IN



95 min.

SERVINGS



4

CALORIES



1433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 tablespoon apple cider vinegar



1.5 cups chicken broth



4 chicken legs



1 bunch parsley fresh leaves picked for garnish



1 tablespoon garlic chopped



0.3 cup olive oil



1 cup onions frozen thawed chopped

- ☐ 2 tablespoons applewood rub recommended: McCormick
- ☐ 6 ounce tomato paste canned
- ☐ 4 turkey legs
- ☐ 0.3 cup worcestershire sauce

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags

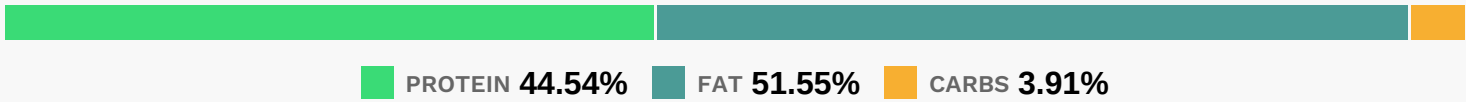
Directions

- ☐ Put the turkey and chicken legs into a large resealable plastic bag.
- ☐ In a large bowl, combine the tomato paste, olive oil, chicken broth, Worcestershire sauce, applewood rub, apple cider vinegar, onions, and garlic, and whisk them together until blended.
- ☐ Pour the marinade into the resealable bag over the turkey and chicken legs. Seal the bag and put it into a large bowl. Marinate in the refrigerator for at least 1 hour or as long as overnight.
- ☐ Preheat 1 side of a grill over medium heat.
- ☐ Remove the turkey and chicken legs from the marinade, shaking off the excess, and set aside.
- ☐ Put the marinade into a small pot and cook over low heat, until reduced by half.
- ☐ Grill the chicken legs over direct heat for 5 minutes per side with the lid closed. After 10 minutes grill them over indirect heat for another 10 to 15 minutes. Grill the turkey legs for 20 to 25 minutes with the lid closed.
- ☐ Brush on the reduced marinade every 5 minutes until the legs are cooked through and the internal temperature reaches 175 degrees F. on an instant-read thermometer. Hold the chicken legs on the coolest part of the grill or in an oven at 200 degrees F while the turkey finishes cooking.

☐

Arrange the chicken and turkey on a serving platter and garnish with fresh parsley.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:2.03, Inflammation Score:-9, Nutrition Score:58.050435081772%

Flavonoids

Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 2.16mg, Myricetin: 2.16mg, Myricetin: 2.16mg, Myricetin: 2.16mg Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg

Nutrients (% of daily need)

Calories: 1433.47kcal (71.67%), Fat: 80.18g (123.35%), Saturated Fat: 21.57g (134.82%), Carbohydrates: 13.65g (4.55%), Net Carbohydrates: 11.43g (4.16%), Sugar: 5.88g (6.54%), Cholesterol: 602.43mg (200.81%), Sodium: 1226.83mg (53.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 155.87g (311.74%), Selenium: 203.33µg (290.47%), Vitamin K: 263.52µg (250.97%), Zinc: 23.34mg (155.59%), Phosphorus: 1452.55mg (145.25%), Vitamin B6: 2.89mg (144.41%), Vitamin B3: 27.2mg (135.98%), Vitamin B2: 1.74mg (102.23%), Vitamin B5: 8.91mg (89.07%), Iron: 15.85mg (88.08%), Potassium: 2550.35mg (72.87%), Copper: 1.22mg (60.83%), Vitamin B12: 3.38µg (56.34%), Magnesium: 194.62mg (48.65%), Vitamin B1: 0.72mg (47.86%), Vitamin C: 29.18mg (35.37%), Vitamin A: 1499.64IU (29.99%), Folate: 111.86µg (27.97%), Manganese: 0.54mg (27.11%), Calcium: 215.91mg (21.59%), Vitamin E: 2.95mg (19.67%), Fiber: 2.23g (8.9%)