



Turkey Confit



Gluten Free



Dairy Free



Low Fod Map

READY IN



1215 min.

SERVINGS



14

CALORIES



2502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 gallon duck fat
- 1 bunch chives fresh
- 1 bunch parsley fresh
- 1 bunch sage fresh
- 1 bunch tarragon fresh
- 3 cups salt
- 2 turkey breasts whole

Equipment

- food processor
- frying pan
- oven
- wire rack

Directions

- Watch how to make this recipe.
- Place the salt and all the herbs into a food processor and process until the salt is pure green. Set aside.
- Place the turkey breasts on a wire rack above a sheet pan and place in the refrigerator to dry for 3 hours. Take out and rub the salt all over the turkey breasts. Return to the refrigerator for another 2 hours. Take out and rinse all the salt off in cold running water.
- Place back on a clean rack on a sheet pan and let sit overnight in the refrigerator.
- Preheat the oven to 250 degrees F.
- Take the turkey out and place, skin side up, in a deep hotel pan. Cover the turkey completely in the duck fat. Roast in the oven for 3 hours. When it comes out, let it sit for 1 hour to cool off.
- Serve.

Nutrition Facts

PROTEIN 3.82% **FAT 96.08%** **CARBS 0.1%**

Properties

Glycemic Index:10.5, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:24.709565014943%

Flavonoids

Apigenin: 8.77mg, Apigenin: 8.77mg, Apigenin: 8.77mg, Apigenin: 8.77mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 2501.64kcal (125.08%), Fat: 271.81g (418.17%), Saturated Fat: 90.13g (563.3%), Carbohydrates: 0.68g (0.23%), Net Carbohydrates: 0.44g (0.16%), Sugar: 0.1g (0.11%), Cholesterol: 330.56mg (110.19%), Sodium:

24483.66mg (1064.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.29g (48.59%), Copper: 2.28mg (114.18%), Vitamin D: 13.09µg (87.27%), Vitamin K: 67.38µg (64.17%), Vitamin B3: 11.16mg (55.82%), Vitamin E: 7.4mg (49.32%), Vitamin B6: 0.88mg (44.07%), Selenium: 25.93µg (37.04%), Phosphorus: 267.55mg (26.76%), Vitamin B12: 0.7µg (11.7%), Zinc: 1.59mg (10.61%), Vitamin B2: 0.17mg (10.26%), Manganese: 0.2mg (9.78%), Potassium: 318.41mg (9.1%), Vitamin B5: 0.88mg (8.81%), Magnesium: 33.85mg (8.46%), Vitamin A: 401.7IU (8.03%), Iron: 1.33mg (7.39%), Vitamin C: 5.87mg (7.11%), Calcium: 47.76mg (4.78%), Folate: 15.85µg (3.96%), Vitamin B1: 0.04mg (2.94%)