



Turkey Confit with Olive Oil

 **Gluten Free**  **Dairy Free**

READY IN



240 min.

SERVINGS



4

CALORIES



1091 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black crushed
- 1 head cloves
- 2 teaspoons kosher salt per pound of meat
- 4 cups goat meat
- 1 onion diced
- 1 turkey

Equipment

- mixing bowl

- pot
- stove

Directions

- In a large nonreactive mixing bowl, toss the turkey parts with the salt, pepper, and onion. Cover tightly and refrigerate overnight, up to twenty-four hours.
- The next day, rinse the turkey under cold running water and place all the parts in a medium ceramic or enameled cast iron pot. Try to fit the parts in a single layer.
- Pour on the oil and make sure that all the parts are covered. Set the pot over very heat and cook until the oil comes to a simmer, about 30 minutes. Turn the heat down even more and continue simmering over very low heat on the stovetop for 2.5 to 3 hours, until the turkey is tender. Take care that the oil does come to a more vigorous simmer. The turkey parts should be pale and soft.
- When parts are cooked, turn off the heat and let the turkey parts and the oil cool down in the pot. When sufficiently cool, cover the pot and transfer it to the refrigerator. Make sure the parts are completely covered by the oil—if not, pour on more olive oil until everything is submerged. The meat will hold in the refrigerator for several weeks.

Nutrition Facts

PROTEIN 64.75% **FAT 34.2%** **CARBS 1.05%**

Properties

Glycemic Index:14.75, Glycemic Load:0.58, Inflammation Score:-8, Nutrition Score:43.858260730039%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 1090.93kcal (54.55%), Fat: 40.27g (61.95%), Saturated Fat: 10.28g (64.26%), Carbohydrates: 2.8g (0.93%), Net Carbohydrates: 2.22g (0.81%), Sugar: 1.56g (1.73%), Cholesterol: 559.66mg (186.55%), Sodium: 2059.8mg (89.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 171.53g (343.06%), Vitamin B3: 64.82mg (324.12%), Selenium: 185.33µg (264.76%), Vitamin B6: 5.02mg (250.76%), Phosphorus: 1501.86mg (150.19%), Vitamin B12: 8.16µg (135.94%), Zinc: 12.39mg (82.6%), Vitamin B2: 1.35mg (79.38%), Vitamin B5: 7.4mg (73.97%),

Potassium: 2041.76mg (58.34%), Magnesium: 203.59mg (50.9%), Iron: 6.2mg (34.44%), Vitamin B1: 0.42mg (27.88%), Copper: 0.55mg (27.51%), Manganese: 0.3mg (15.07%), Folate: 56.38µg (14.1%), Vitamin D: 2.08µg (13.88%), Calcium: 87.4mg (8.74%), Vitamin A: 407.12IU (8.14%), Vitamin E: 0.89mg (5.95%), Vitamin C: 3.84mg (4.65%), Fiber: 0.58g (2.31%)