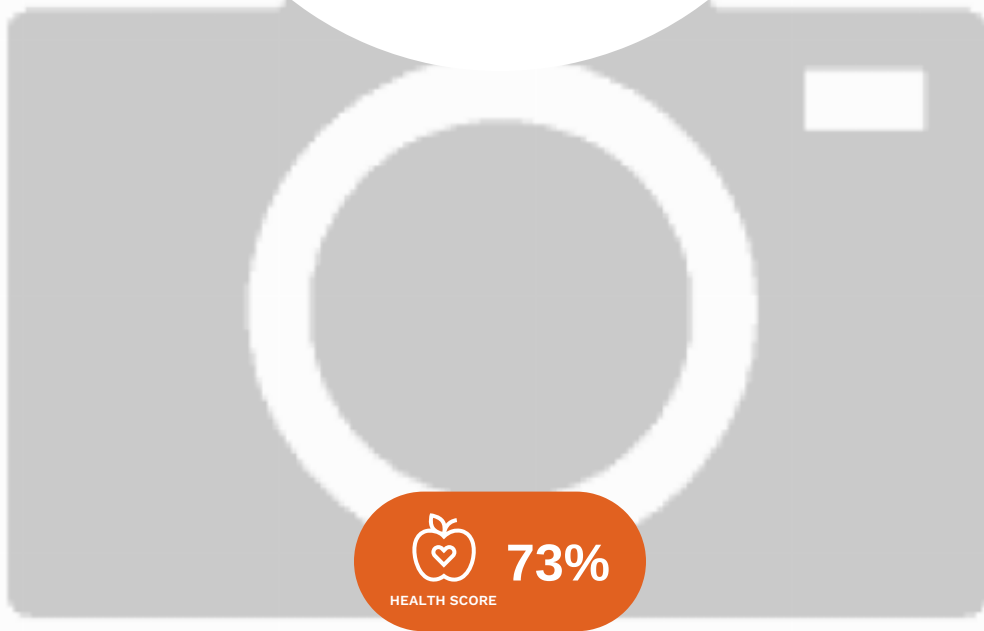


 73%
HEALTH SCORE

Turkey Drumsticks Paprika



Gluten Free



Dairy Free



Very Healthy

READY IN



270 min.

SERVINGS



4

CALORIES



1220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 1 pinch ground pepper black
- ☐ 0.3 cup hungarian paprika smoked
- ☐ 0.3 cup olive oil
- ☐ 1 onion chopped
- ☐ 4 turkey legs
- ☐ 1 cup white wine

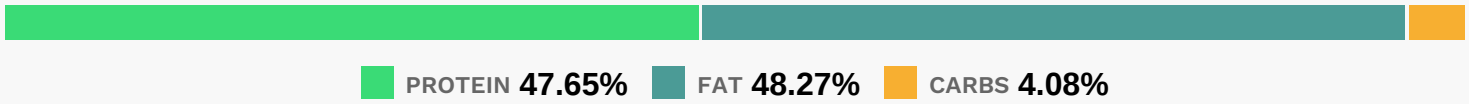
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Mix olive oil and paprika in a roasting pan to form a paste.
- ☐ Place lid on roasting pan or cover with aluminum foil.
- ☐ Bake paprika paste in preheated oven until fragrant, about 15 minutes. Stir onion and pepper into paprika mixture; add turkey drumsticks, turning to coat. Cover roasting pan with a lid or aluminum foil and return to oven.
- ☐ Continue baking until turkey is very tender and meat falls away from the bone, 4 to 5 hours.
- ☐ Remove bones, leaving meat in pan, and stir in cream of mushroom soup and white wine. Simmer mixture over medium heat until hot, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:1, Inflammation Score:-10, Nutrition Score:51.329130753227%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 1220.4kcal (61.02%), Fat: 61.74g (94.98%), Saturated Fat: 16.89g (105.53%), Carbohydrates: 11.75g (3.92%), Net Carbohydrates: 8.77g (3.19%), Sugar: 2.44g (2.71%), Cholesterol: 484.68mg (161.56%), Sodium: 1050.33mg (45.67%), Alcohol: 6.18g (100%), Alcohol %: 0.91% (100%), Protein: 137.15g (274.29%), Selenium: 179.43µg (256.32%), Zinc: 22.18mg (147.85%), Vitamin B6: 2.54mg (127.04%), Phosphorus: 1260.89mg (126.09%), Vitamin B3: 21.42mg (107.11%), Vitamin B2: 1.57mg (92.6%), Vitamin B5: 7.76mg (77.58%), Iron: 13.91mg (77.26%), Vitamin A: 3345.65IU (66.91%), Potassium: 2182.09mg (62.35%), Copper: 1.18mg (58.79%), Vitamin B12: 2.76µg (46.05%), Magnesium: 168.37mg (42.09%), Vitamin B1: 0.57mg (38.31%), Manganese: 0.59mg (29.69%), Vitamin E: 3.91mg (26.09%), Folate: 82.2µg (20.55%), Calcium: 145.61mg (14.56%), Vitamin K: 13.94µg (13.27%), Fiber: 2.98g (11.93%), Vitamin C: 2.1mg (2.54%)