



 **55%**
HEALTH SCORE

Turkey Drumsticks, Seared, Braised and Glazed

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

READY IN



140 min.

SERVINGS



3

CALORIES



1042 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup brown sugar
- 0.3 cup brown sugar
- 0.3 cup cranberries dried
- 1 bay leaf fresh
- 2 tablespoons parsley fresh
- 2 tablespoons rosemary leaves fresh chopped
- 4 sage fresh

- 5 sage fresh
- 2 garlic clove minced
- 3 garlic clove minced
- 1 jalapeno minced
- 0.5 teaspoon lemon zest
- 0.3 cup olive oil
- 1 tablespoon olive oil
- 0.3 cup onion diced
- 2 onion peeled
- 2 tablespoons orange juice
- 1 teaspoon pepper
- 3 servings bell pepper
- 3 servings bell pepper
- 1 teaspoon salt
- 3 servings salt
- 2 cups veggie broth
- 2 sweet potatoes and into sliced
- 1 sprig thyme sprigs fresh
- 2 lbs turkey legs (3 legs)
- 1 cup wine
- 1 tablespoon worcestershire sauce
- 1 tablespoon frangelico
- 4 leaves frangelico fresh
- 1 tablespoon frangelico
- 4 leaves frangelico fresh

Equipment

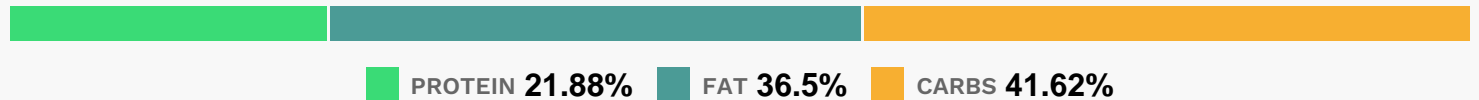
- pot
- grill

dutch oven

Directions

- Mix the marinade ingredients together and message into turkey placing some under the skin. Marinade overnight.
- Remove form refrigerator and let come to room temperature.Meanwhile gather braising ingredients.Preheat heat grill to medium high.Sear legs to brown on all sides.Meanwhile in a heavy dutch oven on grill over medium high heat melt butter.
- Add onions, potatoes, garlic and salt and pepper cook for 3-5 minutes.
- Add remaining braising ingredients and bring to a boil.As legs brown remove from flame and place in pot. Nestling into the liquid. Cover and place over indirect heat. Simmer for 1 - 1 1/2 hours. Till fork tender. Times depends on how hot your grill gets.Glaze:.
- Mix glaze ingredients together.
- Remove legs and sweet potato slices and place on a oiled grill over direct heat.
- Brush glaze over legs and the turkey flipping when charred. And brushing again with glaze.Strain broth and save to use for a later use. It is rich and not to be tossed.
- Serve turkey and sweet potatoes with the onions, cranberries.

Nutrition Facts



Properties

Glycemic Index:163, Glycemic Load:21.08, Inflammation Score:-10, Nutrition Score:50.167391652646%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.67mg, Hesperetin: 1.67mg, Hesperetin: 1.67mg, Hesperetin: 1.67mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Apigenin: 5.81mg, Apigenin: 5.81mg, Apigenin: 5.81mg, Apigenin: 5.81mg Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg Isorhamnetin: 4.34mg, Isorhamnetin: 4.34mg, Isorhamnetin: 4.34mg, Isorhamnetin: 4.34mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg

Myricetin: 0.88mg, Myricetin: 0.88mg Quercetin: 18.95mg, Quercetin: 18.95mg, Quercetin: 18.95mg, Quercetin: 18.95mg

Nutrients (% of daily need)

Calories: 1042.45kcal (52.12%), Fat: 40.49g (62.29%), Saturated Fat: 8.53g (53.31%), Carbohydrates: 103.88g (34.63%), Net Carbohydrates: 93.24g (33.9%), Sugar: 65.48g (72.75%), Cholesterol: 178.2mg (59.4%), Sodium: 1965.84mg (85.47%), Alcohol: 8.24g (100%), Alcohol %: 1.06% (100%), Protein: 54.62g (109.25%), Vitamin A: 26746.47IU (534.93%), Vitamin C: 219.09mg (265.56%), Selenium: 69.16µg (98.8%), Vitamin B6: 1.86mg (93.16%), Vitamin K: 71.19µg (67.8%), Phosphorus: 614.03mg (61.4%), Zinc: 8.99mg (59.94%), Copper: 1.09mg (54.71%), Manganese: 1.09mg (54.51%), Potassium: 1881.88mg (53.77%), Vitamin B3: 10.24mg (51.19%), Vitamin B2: 0.81mg (47.93%), Vitamin B5: 4.73mg (47.33%), Vitamin E: 6.52mg (43.45%), Fiber: 10.64g (42.55%), Iron: 7.55mg (41.94%), Folate: 138.98µg (34.75%), Magnesium: 137.23mg (34.31%), Vitamin B1: 0.47mg (31.14%), Calcium: 188.56mg (18.86%), Vitamin B12: 0.98µg (16.31%)