



Turkey Drumsticks with Plum Sauce

 Gluten Free  Dairy Free

READY IN



630 min.

SERVINGS



4

CALORIES



600 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 pounds turkey legs skinless
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 0.7 cup plum sauce
- ☐ 0.3 cup spring onion sliced
- ☐ 1 tablespoon soya sauce
- ☐ 1 tablespoon cornstarch
- ☐ 1 tablespoon water cold

☐ 3 cups rice hot cooked for serving

Equipment

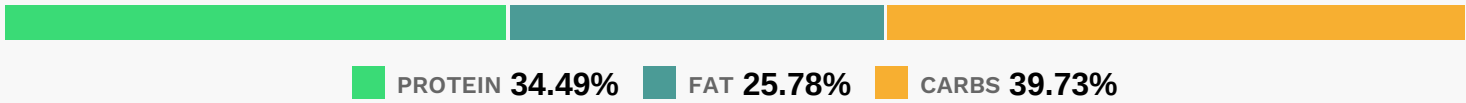
☐ aluminum foil

☐ slow cooker

Directions

- ☐ Sprinkle turkey with salt and pepper.
- ☐ Place turkey in 5- to 6-quart slow cooker.
- ☐ Mix plum sauce, onions and soy sauce; pour over turkey.
- ☐ Cover and cook on low heat setting 8 to 10 hours or until juice of turkey is no longer pink when centers of thickest pieces are cut.
- ☐ Remove turkey from cooker. Cover with aluminum foil to keep warm.
- ☐ Remove any fat from sauce.
- ☐ Mix cornstarch and water; stir into sauce.
- ☐ Cover and cook on high heat setting 15 to 20 minutes or until sauce has thickened.
- ☐ Cut turkey from drumsticks.
- ☐ Serve with sauce and rice.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:36.04, Inflammation Score:-4, Nutrition Score:24.301304480304%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 599.72kcal (29.99%), Fat: 16.7g (25.69%), Saturated Fat: 5.02g (31.38%), Carbohydrates: 57.91g (19.3%), Net Carbohydrates: 56.78g (20.65%), Sugar: 0.33g (0.37%), Cholesterol: 167.06mg (55.69%), Sodium: 992.57mg

(43.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.26g (100.52%), Selenium: 71.36µg (101.94%), Zinc: 8mg (53.36%), Phosphorus: 488.01mg (48.8%), Vitamin B6: 0.96mg (48.22%), Vitamin B3: 8.15mg (40.73%), Manganese: 0.72mg (36.13%), Vitamin B2: 0.57mg (33.43%), Vitamin B5: 3.08mg (30.82%), Iron: 5.27mg (29.25%), Potassium: 849.83mg (24.28%), Copper: 0.47mg (23.6%), Magnesium: 73.52mg (18.38%), Vitamin K: 17.45µg (16.62%), Vitamin B12: 0.92µg (15.29%), Vitamin B1: 0.22mg (14.76%), Folate: 36.3µg (9.07%), Calcium: 65.74mg (6.57%), Fiber: 1.13g (4.53%), Vitamin A: 112.68IU (2.25%), Vitamin C: 1.82mg (2.21%)