



Turkey Osso Buco with Parsley and Rosemary Gremolata

 Dairy Free

READY IN



135 min.

SERVINGS



6

CALORIES



196 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 1 pinch pepper black freshly ground
- 1 carrots diced finely
- 1 celery stalk diced finely
- 1 cup cooking wine dry white
- 0.3 cup flour all-purpose for dredging
- 0.3 cup flat-leaf parsley fresh chopped

- 1 large sprig rosemary fresh
- 2 large sprigs thyme leaves fresh
- 2 cloves garlic minced
- 1 lemon zest
- 4 cups reduce-sodium chicken broth
- 1 small onion diced finely
- 1 teaspoon rosemary leaves minced
- 1 pinch salt
- 6 servings salt and pepper black freshly ground
- 1 tablespoon tomato paste
- 0.5 breast of turkey (cut into 3 pieces, preferably by the butcher)
- 2 turkey thighs
- 0.5 cup vegetable oil

Equipment

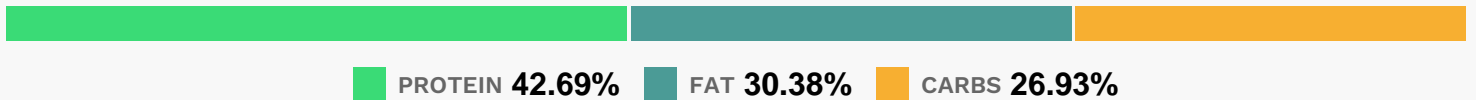
- bowl
- frying pan
- paper towels
- ladle
- oven
- roasting pan
- aluminum foil

Directions

- For the Turkey Osso Bucco: Preheat the oven to 375 degrees F. Pat the turkey with paper towels to dry and ensure even browning. Season the turkey with salt and pepper. Dredge the turkey in the flour to coat.
- In a heavy roasting pan large enough to fit the turkey in a single layer, heat the oil over medium heat.

- Add the turkey and cook until brown on both sides, about 6 minutes per side.
- Transfer the turkey to a plate and reserve.
- In the same pan, add the onion, carrot, and celery. Season vegetables with salt. Cook until the vegetables are tender, about 6 minutes. Stir in the tomato paste and cook for 1 minute. Stir in the wine and simmer until the liquid is reduced by half, about 3 minutes. Return the turkey to the pan.
- Add enough chicken broth to come 2/3 up the sides of the turkey.
- Add the herb sprigs, bay leaf, and cloves to the broth mixture. Bring the liquid to a boil over medium-high heat.
- Remove the pan from the heat. Cover the pan tightly with foil and transfer to the oven. Braise until the turkey is fork-tender, turning the turkey after 1 hour.
- Combine the chopped parsley, lemon zest, garlic, minced rosemary, and a pinch of salt and freshly ground black pepper in a bowl. Cover and reserve until serving the turkey.
- To serve, transfer the turkey to shallow serving bowls. Season the sauce to taste with salt and pepper. Ladle the sauce over the meat.
- Sprinkle each piece of turkey with a large pinch of Gremolata.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:80.31, Glycemic Load:4.88, Inflammation Score:-9, Nutrition Score:14.228695700998%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 196.33kcal (9.82%), Fat: 5.85g (8.99%), Saturated Fat: 1.06g (6.65%), Carbohydrates: 11.66g (3.89%), Net Carbohydrates: 10.57g (3.84%), Sugar: 2.02g (2.25%), Cholesterol: 35.31mg (11.77%), Sodium: 221.94mg (9.65%), Alcohol: 4.12g (100%), Alcohol %: 1.64% (100%), Protein: 18.49g (36.97%), Vitamin K: 49.96µg (47.58%), Vitamin B3: 9.32mg (46.59%), Vitamin A: 1986.07IU (39.72%), Vitamin B6: 0.6mg (29.81%), Selenium: 17.65µg (25.22%), Phosphorus: 228.88mg (22.89%), Potassium: 431.07mg (12.32%), Vitamin B2: 0.2mg (11.92%), Vitamin B12: 0.58µg (9.67%), Vitamin C: 7.56mg (9.16%), Manganese: 0.18mg (9.08%), Iron: 1.52mg (8.46%), Zinc: 1.22mg (8.16%), Copper: 0.16mg (7.82%), Magnesium: 29.46mg (7.37%), Folate: 26.63µg (6.66%), Vitamin B1: 0.1mg (6.48%), Vitamin B5: 0.62mg (6.25%), Fiber: 1.09g (4.38%), Vitamin E: 0.55mg (3.66%), Calcium: 36.34mg (3.63%)