

Turkey Ossobuco

 Dairy Free

READY IN



180 min.

SERVINGS



8

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 fillet flat anchovy dry rinsed chopped
- ☐ 0.5 teaspoon pepper black
- ☐ 14 ounce canned tomatoes whole drained chopped canned
- ☐ 1 cup cooking wine dry white
- ☐ 0.5 cup flour all-purpose
- ☐ 2 tablespoons flat-leaf parsley fresh finely chopped
- ☐ 1 garlic clove minced
- ☐ 1 teaspoon lemon zest fresh finely grated

- ☐ 16 fluid ounces chicken broth reduced-sodium
- ☐ 6 tablespoons olive oil
- ☐ 1 large onion chopped
- ☐ 1 teaspoon orange zest fresh finely grated
- ☐ 1 teaspoon salt
- ☐ 5.5 pounds turkey legs fresh whole

Equipment

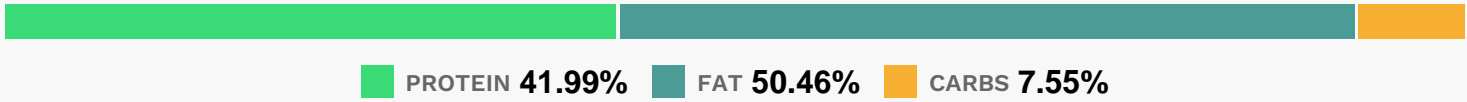
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F.
- ☐ Pat turkey legs dry. Stir together flour, salt, and pepper, then dredge 1 leg in flour mixture, knocking off excess.
- ☐ Heat 2 tablespoons oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then brown leg, turning occasionally, about 5 minutes, and transfer to a large (17- by 12-inch) roasting pan. Meanwhile, dredge another leg. Continue to prepare, brown, and transfer legs in same manner, adding up to 4 tablespoons oil to skillet as needed.
- ☐ Add remaining 2 tablespoons oil to skillet, then add onion and anchovies and cook over moderate heat, stirring frequently, until onion is golden and anchovies are dissolved, 7 to 8 minutes.
- ☐ Add wine and boil until reduced by half, about 3 minutes, then stir in broth and tomatoes with their juice.
- ☐ Pour liquid over turkey legs and cover surface with a sheet of parchment paper, then tightly cover pan with foil.
- ☐ Transfer to oven and braise until meat is very tender, 2 to 2 1/2 hours.

- ☐
- Transfer legs to a cutting board and cut them into thigh and drumstick portions, then transfer to a deep platter. Skim off fat from sauce. If sauce measures more than 3 cups, boil until reduced. Season sauce with salt and pepper and pour over turkey.
- ☐
- Stir together garlic, parsley, and zests and sprinkle over turkey just before serving.
- ☐
- Turkey can be braised 2 days ahead and cooled in sauce, uncovered, then chilled, covered. Reheat in sauce, covered, in a 350°F oven.

Nutrition Facts



Properties

Glycemic Index:26.38, Glycemic Load:4.88, Inflammation Score:-6, Nutrition Score:24.282608721567%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 539.75kcal (26.99%), Fat: 28.46g (43.78%), Saturated Fat: 6.94g (43.35%), Carbohydrates: 9.57g (3.19%), Net Carbohydrates: 8.92g (3.24%), Sugar: 1.2g (1.34%), Cholesterol: 184.97mg (61.66%), Sodium: 505.33mg (21.97%), Alcohol: 3.09g (100%), Alcohol %: 0.89% (100%), Protein: 53.27g (106.55%), Selenium: 71.9µg (102.71%), Zinc: 8.23mg (54.88%), Phosphorus: 500.06mg (50.01%), Vitamin B6: 0.94mg (46.83%), Vitamin B3: 9.25mg (46.27%), Vitamin B2: 0.62mg (36.42%), Iron: 5.27mg (29.28%), Vitamin B5: 2.91mg (29.15%), Potassium: 831.96mg (23.77%), Vitamin K: 23.15µg (22.05%), Copper: 0.43mg (21.33%), Vitamin B1: 0.27mg (18.27%), Vitamin B12: 1.08µg (18.02%), Magnesium: 63.27mg (15.82%), Folate: 45.88µg (11.47%), Vitamin E: 1.54mg (10.28%), Manganese: 0.2mg (9.77%), Calcium: 61.13mg (6.11%), Vitamin C: 3.5mg (4.24%), Fiber: 0.66g (2.62%), Vitamin A: 95.27IU (1.91%)