



Turkey Thighs in Brown Sauce

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



227 kcal

SAUCE

Ingredients

- ☐ 1 cup chicken broth
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 1.5 teaspoons parsley dried
- ☐ 2 tablespoons cooking sherry dry
- ☐ 0.5 cup flour all-purpose
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 2 cloves garlic crushed
- ☐ 1 teaspoon garlic powder

- ☐ 2 tablespoons olive oil
- ☐ 1 small onion sliced
- ☐ 1.5 teaspoons oregano dried
- ☐ 1 tablespoon poultry seasoning
- ☐ 4 servings salt and pepper to taste
- ☐ 2 turkey thighs

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ kitchen thermometer

Directions

- ☐ Rinse and pat the turkey thighs dry with paper towels, then sprinkle with salt and pepper. In a shallow bowl, mix the flour with poultry seasoning until well combined.
- ☐ Heat the olive oil in a large skillet over medium-high heat; dredge the turkey thighs all over with the seasoned flour, shake off excess flour, then cook the turkey thighs in the hot oil until the meat is browned, about 5 minutes per side.
- ☐ Stir the onion, mushrooms, and garlic into the pan. Stir until the mushrooms have begun to give up their juice and the onions are translucent, about 5 minutes.
- ☐ Whisk the chicken broth, cream of chicken soup, and sherry together in a bowl, and stir in the oregano, parsley, and garlic powder.
- ☐ Pour the mixture over the turkey thighs. Cover the pan, reduce heat to medium-low, and simmer until the turkey meat is no longer pink inside and the juices run clear, about 30 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Slice the turkey thighs, and serve with sauce.

Nutrition Facts



Properties

Glycemic Index:58, Glycemic Load:11.95, Inflammation Score:-7, Nutrition Score:10.275217395762%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 1.7mg, Apigenin: 1.7mg, Apigenin: 1.7mg, Apigenin: 1.7mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 227.14kcal (11.36%), Fat: 12.05g (18.54%), Saturated Fat: 2.39g (14.93%), Carbohydrates: 23.55g (7.85%), Net Carbohydrates: 21.72g (7.9%), Sugar: 2.74g (3.04%), Cholesterol: 7.58mg (2.53%), Sodium: 954.48mg (41.5%), Alcohol: 0.77g (100%), Alcohol %: 0.4% (100%), Protein: 6.24g (12.48%), Vitamin B2: 0.39mg (23.04%), Vitamin K: 20.74µg (19.75%), Manganese: 0.39mg (19.3%), Selenium: 13.05µg (18.64%), Vitamin B3: 3.52mg (17.61%), Copper: 0.34mg (16.94%), Iron: 2.67mg (14.82%), Vitamin B1: 0.21mg (14%), Folate: 46.78µg (11.7%), Vitamin B5: 1.12mg (11.2%), Vitamin E: 1.62mg (10.81%), Phosphorus: 107.27mg (10.73%), Potassium: 309.38mg (8.84%), Fiber: 1.83g (7.31%), Vitamin B6: 0.14mg (7.2%), Zinc: 0.82mg (5.46%), Magnesium: 20.13mg (5.03%), Calcium: 47.66mg (4.77%), Vitamin C: 3.22mg (3.91%), Vitamin A: 180.13IU (3.6%)