



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Albuquerque Turkey ♦

Albuquerque Turkey is a spicy turkey dish that originated in Albuquerque, New Mexico. It is typically made with roasted turkey, green chilies, and other southwestern spices. The dish is known for its bold flavors and is often served with rice and beans.

**Recipe Type:** Standard

**Prep Time:** 30 mins

**Cook Time:** 120 mins

**Total Time:** 150 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 8

**Serving Size:** 125 g

### Ingredients

<b>1000 g</b>	Turkey
<b>2 c</b>	green chilies
<b>1 medium</b>	onion
<b>4 cloves</b>	garlic

<b>2 tsp</b>	Cumin
<b>1 tsp</b>	Oregano
<b>1 tsp</b>	Salt
<b>1 tsp</b>	Black pepper
<b>2 c</b>	chicken broth
<b>2 tbsp</b>	olive oil

## Directions

---

### Step 1

#### Preheating

Preheat the oven to 325°F (165°C).

**Prep Time:** 10 mins

**Cook Time:** 0 mins

---

### Step 2

#### Roasting

In a large roasting pan, place the turkey, green chilies, onion, garlic, cumin, oregano, salt, and black pepper.

**Prep Time:** 10 mins

**Cook Time:** 120 mins

---

### Step 3

Pour the chicken broth and olive oil over the turkey and spices.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

### Step 4

Oven

Cover the roasting pan with foil and roast in the preheated oven for 2 hours, or until the turkey is cooked through and tender.

**Prep Time:** 0 mins

**Cook Time:** 120 mins

---

### Step 5

Oven

Remove the foil and continue roasting for an additional 30 minutes, or until the turkey is golden brown.

**Prep Time:** 0 mins

**Cook Time:** 30 mins

---

### Step 6

Resting

Remove the turkey from the oven and let it rest for 10 minutes before slicing.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

## Step 7

Serving

Serve the Albuquerque Turkey with rice and beans.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 180 kcal

**Fat:** 8 g

**Protein:** 22 g

**Carbohydrates:** 4 g

## Nutrition Facts

**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	22 g	129.41%	129.41%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	4 g	7.27%	8%
Fibers	1 g	2.63%	4%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	8 g	28.57%	32%
Cholesterol	65 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	10 mg	90.91%	125%
Selenium	30 mcg	54.55%	54.55%

## Recipe Attributes

### Events

Christmas

Thanksgiving

Barbecue

### Cuisines

Italian

French

German

American

### Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

High Vitamin C

High Iron

### Kitchen Tools

Blender

Microwave

Slow Cooker

### Course

Salads

Snacks

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Medium

Visit our website: [healthdor.com](http://healthdor.com)