



A Simple Roast Turkey

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



617 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons pepper black freshly ground
- ☐ 2 celery stalks coarsely chopped
- ☐ 3 tablespoons kosher salt
- ☐ 3 tablespoons soy sauce reduced-sodium
- ☐ 1 tablespoon mirin
- ☐ 1 medium onion quartered
- ☐ 3 sprigs rosemary
- ☐ 12 pound turkey for 1 hour at room temperature

- ☐ 6 tablespoons butter unsalted divided room temperature ()

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 450°F. Set a rack inside a largeroasting pan.
- ☐ Pour 4 cups water into pan. Patturkey dry with paper towels. Tuck tips of wingsunder bird. If turkey is not brined, rub bird insideand out with salt. Season inside and out withpepper and place on rack in pan.
- ☐ Place onionand celery in cavity. Rub 3 tablespoons butter overturkey. Roast turkey, uncovered, for 30 minutes.
- ☐ Meanwhile, stir remaining 3 tablespoons butter, soysauce, and mirin (or substitute store-boughttteriyaki sauce for soy sauce and mirin) in a smallsaucepan over medium heat until melted andsmooth.
- ☐ Add rosemary. Cover; keep glaze warmover lowest heat.
- ☐ Reduce oven to 325°F. Baste turkey with panjuices; add more water if needed to maintainat least 1/4" liquid in pan. Roast for 30 minutes;baste with pan juices.
- ☐ Brush lightly with glaze.
- ☐ Continue roasting turkey, basting with panjuices and brushing with glaze every 30 minutes,and tenting with foil if turning too dark,until an instant-read thermometer inserted intothickest part of the thigh without touching boneregisters 165°F (juices should run clear whenthermometer is removed), about 2 3/4 hours total.
- ☐ Transfer turkey to a platter. Tent with foil;let rest for 1 hour before carving.

Nutrition Facts



 **PROTEIN 55.69%**  **FAT 42.58%**  **CARBS 1.73%**

Properties

Glycemic Index:16.1, Glycemic Load:0.35, Inflammation Score:-6, Nutrition Score:31.427391119625%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 617.24kcal (30.86%), Fat: 28.67g (44.11%), Saturated Fat: 9.98g (62.39%), Carbohydrates: 2.62g (0.87%), Net Carbohydrates: 2.15g (0.78%), Sugar: 1.14g (1.27%), Cholesterol: 296.31mg (98.77%), Sodium: 2713.77mg (117.99%), Alcohol: 0.17g (100%), Alcohol %: 0.05% (100%), Protein: 84.36g (168.71%), Vitamin B3: 29.58mg (147.87%), Selenium: 82.53µg (117.9%), Vitamin B6: 2.34mg (116.99%), Vitamin B12: 4.73µg (78.82%), Phosphorus: 722.03mg (72.2%), Zinc: 6.96mg (46.41%), Vitamin B2: 0.73mg (43.21%), Vitamin B5: 3.19mg (31.87%), Potassium: 915.4mg (26.15%), Magnesium: 102.94mg (25.74%), Iron: 3.53mg (19.6%), Copper: 0.32mg (15.98%), Vitamin B1: 0.19mg (12.95%), Manganese: 0.2mg (10.14%), Vitamin A: 436.01IU (8.72%), Vitamin D: 1.29µg (8.57%), Folate: 32.04µg (8.01%), Calcium: 54.48mg (5.45%), Vitamin E: 0.58mg (3.84%), Vitamin K: 2.34µg (2.23%), Fiber: 0.47g (1.9%), Vitamin C: 0.86mg (1.04%)