



Alton's Roast Turkey



Gluten Free



Dairy Free



Low Fod Map

READY IN



720 min.

SERVINGS



12

CALORIES



586 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons allspice
- ☐ 1 tablespoon peppercorns black
- ☐ 1.5 teaspoons candied ginger chopped
- ☐ 1 cup kosher salt
- ☐ 0.5 cup brown sugar light
- ☐ 14 pound young turkey frozen
- ☐ 1 gallon vegetable stock
- ☐ 1 gallon heavily iced water

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ mixing bowl
- ☐ pot
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ microwave

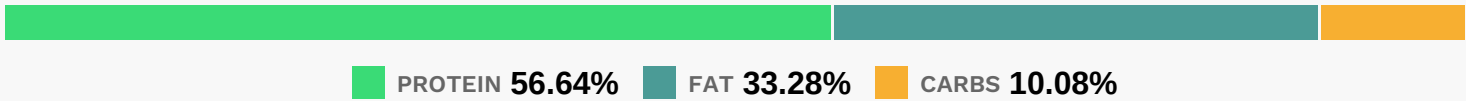
Directions

- ☐ Begin thawing the turkey in the refrigerator or in a cooler kept at 38 degrees F.
- ☐ Combine the vegetable stock, salt, brown sugar, peppercorns, allspice berries, and candied ginger in a large stockpot over medium-high heat. Stir occasionally to dissolve solids and bring to a boil. Then remove the brine from the heat, cool to room temperature, and refrigerate.
- ☐ Combine the brine, water and ice in the 5-gallon bucket.
- ☐ Place the thawed turkey (with innards removed) breast side down in brine. If necessary, weigh down the bird to ensure it is fully immersed, cover, and refrigerate or set in cool area for 8 to 16 hours, turning the bird once half way through brining.
- ☐ Preheat the oven to 500 degrees F.
- ☐ Remove the bird from brine and rinse inside and out with cold water. Discard the brine.
- ☐ Place the bird on roasting rack inside a half sheet pan and pat dry with paper towels.
- ☐ Combine the apple, onion, cinnamon stick, and 1 cup of water in a microwave safe dish and microwave on high for 5 minutes.
- ☐ Add steeped aromatics to the turkey's cavity along with the rosemary and sage. Tuck the wings underneath the bird and coat the skin liberally with canola oil.
- ☐ Roast the turkey on lowest level of the oven at 500 degrees F for 30 minutes. Insert a probe thermometer into thickest part of the breast and reduce the oven temperature to 350 degrees F. Set the thermometer alarm (if available) to 151 degrees F. A 14 to 16 pound bird

should require a total of 2 to 2 1/2 hours of roasting.

- ☐
- Let the turkey rest, loosely covered with foil or a large mixing bowl for 15 minutes before carving.

Nutrition Facts



Properties

Glycemic Index:7.67, Glycemic Load:1.97, Inflammation Score:-7, Nutrition Score:31.154782778543%

Nutrients (% of daily need)

Calories: 586.07kcal (29.3%), Fat: 21.27g (32.73%), Saturated Fat: 5.52g (34.48%), Carbohydrates: 14.49g (4.83%), Net Carbohydrates: 14.15g (5.15%), Sugar: 12.27g (13.63%), Cholesterol: 270.52mg (90.17%), Sodium: 11132.8mg (484.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 81.44g (162.88%), Vitamin B3: 28.71mg (143.54%), Selenium: 80.22µg (114.6%), Vitamin B6: 2.26mg (112.9%), Vitamin B12: 4.58µg (76.4%), Phosphorus: 689.96mg (69%), Zinc: 6.76mg (45.08%), Vitamin B2: 0.7mg (41%), Vitamin B5: 3.07mg (30.71%), Magnesium: 100.41mg (25.1%), Potassium: 873.27mg (24.95%), Iron: 3.5mg (19.45%), Copper: 0.37mg (18.29%), Vitamin A: 890.2IU (17.8%), Vitamin B1: 0.18mg (12.12%), Manganese: 0.2mg (9.98%), Vitamin D: 1.13µg (7.51%), Calcium: 72.01mg (7.2%), Folate: 26.76µg (6.69%), Vitamin E: 0.35mg (2.31%), Fiber: 0.34g (1.38%), Vitamin K: 1.36µg (1.3%)