



Apple-Bourbon Turkey and Gravy

READY IN



280 min.

SERVINGS



8

CALORIES



993 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups apple juice
- ☐ 3 small apples halved quartered
- ☐ 1 cup bourbon
- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 0.3 cup butter
- ☐ 4 large carrots
- ☐ 4 rib celery
- ☐ 0.3 cup flour all-purpose
- ☐ 1 large onion sliced

- ☐ 8 servings kitchen string
- ☐ 12 lb turkey fresh whole
- ☐ 8 servings cheesecloth
- ☐ 8 servings cheesecloth

Equipment

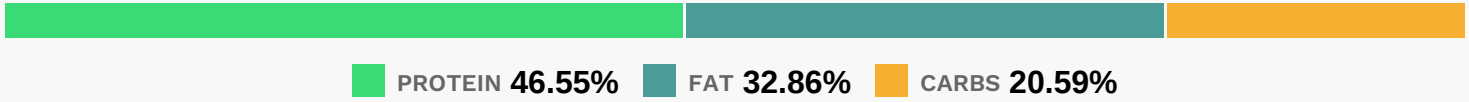
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ measuring cup
- ☐ cheesecloth

Directions

- ☐ Stir together apple juice and next 2 ingredients, stirring until sugar dissolves.
- ☐ Remove giblets and neck from turkey, and rinse turkey with cold water.
- ☐ Drain cavity well; pat dry.
- ☐ Place turkey in a large roasting pan. Dip cheesecloth in apple juice mixture. Wring dry. Cover turkey with cheesecloth; pour apple juice mixture over cheesecloth, coating completely. Cover and chill 12 to 24 hours, basting occasionally with marinade.
- ☐ Preheat oven to 32
- ☐ Remove turkey from pan, discarding cheesecloth and reserving 3 cups marinade.
- ☐ Sprinkle cavity with desired amount of salt; rub into cavity.
- ☐ Sprinkle desired amount of salt and freshly ground pepper on skin; rub into skin. Tie ends of legs together with string; tuck wingtips under.

- ☐ Arrange celery and next 3 ingredients in a single layer in bottom of roasting pan.
- ☐ Place turkey, breast side up, on celery mixture; pour reserved marinade over turkey in pan.
- ☐ Bake at 325 for 3 hours and 15 minutes to 4 hours or until a meat thermometer inserted into thickest portion of thigh registers 165, basting every 30 minutes with pan juices and shielding with aluminum foil after 2 hours and 30 minutes to prevent excessive browning, if necessary.
- ☐ Remove from oven, and let stand 30 minutes.
- ☐ Transfer turkey to a serving platter, reserving 2 1/2 cups pan drippings.
- ☐ Pour reserved drippings through a fine wire-mesh strainer into a large measuring cup, discarding solids.
- ☐ Melt butter in a saucepan over medium heat; whisk in flour, and cook, whisking constantly, 1 to 2 minutes or until smooth. Gradually add drippings, and bring to a boil. Reduce heat to medium, and simmer, stirring mixture occasionally, 5 minutes or until gravy thickens.
- ☐ Add up to 1/2 cup chicken broth for desired consistency, if desired. Stir in salt and freshly ground pepper to taste.
- ☐ Serve turkey with warm gravy.
- ☐ *Frozen whole turkey, thawed, may be substituted.

Nutrition Facts



Properties

Glycemic Index:45.57, Glycemic Load:12.42, Inflammation Score:-10, Nutrition Score:45.624347666036%

Flavonoids

Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 8.35mg,

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Nutrients (% of daily need)

Calories: 993.24kcal (49.66%), Fat: 33.52g (51.57%), Saturated Fat: 10.8g (67.5%), Carbohydrates: 47.24g (15.75%), Net Carbohydrates: 42.73g (15.54%), Sugar: 35.68g (39.65%), Cholesterol: 363.07mg (121.02%), Sodium: 625.69mg (27.2%), Alcohol: 10.02g (100%), Alcohol %: 1.53% (100%), Protein: 106.84g (213.68%), Vitamin B3: 38.04mg (190.19%), Vitamin B6: 3.1mg (154.84%), Selenium: 105.04µg (150.06%), Vitamin A: 6875.49IU (137.51%), Vitamin B12: 5.91µg (98.43%), Phosphorus: 945.58mg (94.56%), Vitamin B2: 1.04mg (60.92%), Zinc: 8.95mg (59.64%), Potassium: 1551.81mg (44.34%), Vitamin B5: 4.3mg (43.02%), Magnesium: 152mg (38%), Iron: 5.38mg (29.87%), Vitamin K: 30.36µg (28.92%), Vitamin B1: 0.38mg (25.19%), Copper: 0.48mg (24.1%), Manganese: 0.41mg (20.26%), Fiber: 4.51g (18.06%), Folate: 71.72µg (17.93%), Vitamin C: 13.92mg (16.88%), Calcium: 116.85mg (11.69%), Vitamin D: 1.45µg (9.66%), Vitamin E: 1.18mg (7.89%)