



Apple Cider-Brined Turkey with Savory Herb Gravy

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



608 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 8 cups apple cider
- ☐ 2 bay leaves
- ☐ 1 teaspoon pepper black divided freshly ground
- ☐ 1 tablespoon peppercorns black crushed
- ☐ 14 ounce fat-skimmed beef broth fat-free canned
- ☐ 1 inch ginger fresh peeled
- ☐ 4 garlic clove

- ☐ 6 cups ice cubes
- ☐ 0.7 cup kosher salt
- ☐ 1 onion quartered
- ☐ 2 cranberry-orange relish quartered
- ☐ 4 parsley
- ☐ 4 sage
- ☐ 0.5 teaspoon salt divided
- ☐ 0.7 cup sugar
- ☐ 4 thyme sprigs
- ☐ 12 pound turkey fresh thawed
- ☐ 2 tablespoons butter unsalted divided melted
- ☐ 1 tablespoon allspice whole crushed

Equipment

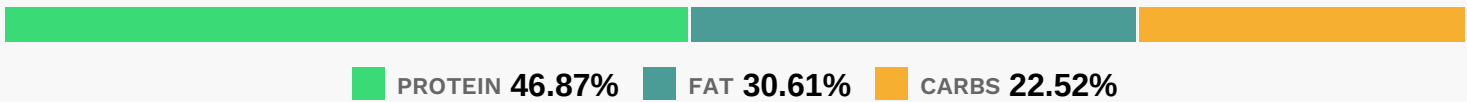
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ tongs
- ☐ kitchen twine

Directions

- ☐ To prepare brine, combine first 8 ingredients in a large saucepan; bring to a boil. Cook 5 minutes or until sugar and salt dissolve. Cool completely.
- ☐ Remove giblets and neck from turkey; reserve for Savory Herb Gravy. Rinse turkey with cold water; pat dry. Trim excess fat. Stuff body cavity with orange quarters.

- ☐ Place a turkey-sized oven bag inside a second bag to form a double thickness.
- ☐ Place bags in a large stockpot.
- ☐ Place turkey inside inner bag.
- ☐ Add cider mixture and ice. Secure bags with several twist ties. Refrigerate for 12 to 24 hours, turning occasionally.
- ☐ Preheat oven to 50
- ☐ Remove turkey from bags, and discard brine, orange quarters, and bags. Rinse turkey with cold water; pat dry. Lift wing tips up and over back; tuck under turkey. Tie legs together with kitchen string.
- ☐ Place garlic, sage, thyme, parsley, onion, and broth in the bottom of a roasting pan.
- ☐ Place roasting rack in pan. Arrange turkey, breast side down, on roasting rack.
- ☐ Brush turkey back with 1 tablespoon butter; sprinkle with 1/2 teaspoon pepper and 1/4 teaspoon salt.
- ☐ Bake at 500 for 30 minutes.
- ☐ Reduce oven temperature to 35
- ☐ Remove turkey from oven. Carefully turn turkey over (breast side up) using tongs.
- ☐ Brush turkey breast with 1 tablespoon butter; sprinkle with 1/2 teaspoon pepper and 1/4 teaspoon salt.
- ☐ Bake at 350 for 1 hour and 15 minutes or until a thermometer inserted into meaty part of thigh registers 170 (make sure not to touch bone). (Shield the turkey with foil if it browns too quickly.)
- ☐ Remove turkey from oven; let stand 20 minutes. Reserve pan drippings for Savory Herb Gravy. Discard skin before serving; serve with gravy.

Nutrition Facts



Properties

Glycemic Index:31.78, Glycemic Load:16.23, Inflammation Score:-7, Nutrition Score:31.290869733562%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epicatechin: 7.41mg, Epicatechin: 7.41mg, Epicatechin: 7.41mg, Epicatechin: 7.41mg Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 607.75kcal (30.39%), Fat: 20.49g (31.52%), Saturated Fat: 5.98g (37.37%), Carbohydrates: 33.94g (11.31%), Net Carbohydrates: 32.47g (11.81%), Sugar: 28.93g (32.14%), Cholesterol: 236.89mg (78.96%), Sodium: 6894.33mg (299.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 70.6g (141.19%), Vitamin B3: 25mg (124.99%), Vitamin B6: 2.01mg (100.27%), Selenium: 69.95µg (99.94%), Vitamin B12: 4µg (66.65%), Phosphorus: 614.82mg (61.48%), Zinc: 5.87mg (39.17%), Vitamin B2: 0.65mg (38.18%), Vitamin B5: 2.82mg (28.21%), Potassium: 975.06mg (27.86%), Magnesium: 96.95mg (24.24%), Copper: 0.38mg (18.79%), Iron: 3.35mg (18.62%), Vitamin C: 15.26mg (18.5%), Manganese: 0.36mg (18.24%), Vitamin B1: 0.22mg (14.5%), Folate: 32.4µg (8.1%), Calcium: 80.58mg (8.06%), Vitamin K: 7.32µg (6.97%), Vitamin A: 343.2IU (6.86%), Vitamin D: 1µg (6.67%), Fiber: 1.47g (5.88%), Vitamin E: 0.42mg (2.77%)