



Apple-Grilled Turkey with Cider Gravy



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



627 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce apple cider hard
- ☐ 1 teaspoon pepper black divided freshly ground
- ☐ 1 tablespoon canola oil
- ☐ 1 tablespoon sage fresh chopped
- ☐ 2 cups apples i use 2 granny smith apples chopped (1)
- ☐ 3 cups make-ahead gravy
- ☐ 2 cups onion chopped (1 medium)
- ☐ 2 cups applewood chips divided

- ☐ 1 teaspoon salt divided
- ☐ 12 pound turkey fresh thawed

Equipment

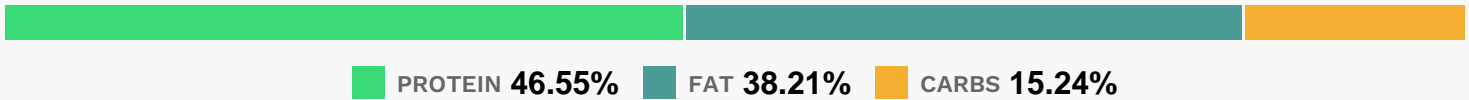
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ kitchen twine

Directions

- ☐ Soak wood chips in water 30 minutes.
- ☐ Drain well.
- ☐ Remove and discard giblets and neck from turkey. Trim excess fat.
- ☐ Combine onion, apple, sage, 1/2 teaspoon salt, and 1/2 teaspoon pepper in a bowl. Stuff body cavity with onion mixture. Tie legs together with kitchen string. Lift wing tips up and over back; tuck under turkey.
- ☐ Brush turkey with oil; sprinkle with remaining 1/2 teaspoon salt and remaining 1/2 teaspoon pepper. Cover breast with foil.
- ☐ Place turkey in a disposable aluminum foil pan.
- ☐ To prepare the turkey for indirect grilling, preheat grill, heating one side to medium and leaving one side with no heat. Maintain temperature at 35
- ☐ Place 1 cup wood chips on hot coals.
- ☐ Place pan on unheated side of grill. Cover and cook 45 minutes.
- ☐ Place remaining 1 cup wood chips on hot coals; cover and cook 45 minutes.
- ☐ Add coals as needed to maintain temperature at 35

- ☐ Remove foil from breast; cover and cook 35 minutes or until a thermometer inserted in meaty part of thigh registers 16
- ☐ Remove turkey from grill; let stand at least 30 minutes before carving. Discard onion mixture and skin.
- ☐ Place a zip-top plastic bag inside a 2-cup glass measure.
- ☐ Pour drippings from pan into bag; let stand 10 minutes (fat will rise to the top). Seal bag; carefully snip off 1 bottom corner.
- ☐ Drain drippings into a bowl, stopping before fat layer reaches opening; discard fat.
- ☐ Place cider in a large saucepan; bring to a boil. Cook until reduced to 3/4 cup (about 4 minutes).
- ☐ Add pan drippings and Make-Ahead Gravy; bring to a boil. Cook until reduced to 3 cups (about 5 minutes).

Nutrition Facts



Properties

Glycemic Index:16.34, Glycemic Load:9.12, Inflammation Score:-5, Nutrition Score:33.417826160141%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 2.9mg, Epicatechin: 2.9mg, Epicatechin: 2.9mg, Epicatechin: 2.9mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.41mg, Quercetin: 6.41mg, Quercetin: 6.41mg, Quercetin: 6.41mg

Nutrients (% of daily need)

Calories: 627.39kcal (31.37%), Fat: 26.35g (40.54%), Saturated Fat: 7.12g (44.51%), Carbohydrates: 23.65g (7.88%), Net Carbohydrates: 20.78g (7.56%), Sugar: 7.22g (8.02%), Cholesterol: 236.6mg (78.87%), Sodium: 1020.39mg (44.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 72.22g (144.44%), Vitamin B3: 25.53mg (127.66%), Vitamin B6: 2.05mg (102.31%), Selenium: 68.96µg (98.52%), Copper: 1.8mg (89.9%), Vitamin B12: 3.93µg (65.48%), Phosphorus: 632.17mg (63.22%), Zinc: 5.93mg (39.56%), Vitamin B2: 0.63mg (36.85%), Vitamin B5: 2.89mg (28.86%), Potassium: 985.19mg (28.15%), Magnesium: 93.88mg (23.47%), Iron: 3.48mg (19.33%), Vitamin B1: 0.21mg

(13.81%), Manganese: 0.26mg (13.12%), Fiber: 2.86g (11.45%), Folate: 36.94µg (9.23%), Vitamin C: 5.67mg (6.87%), Vitamin D: 0.97µg (6.44%), Calcium: 52.76mg (5.28%), Vitamin A: 193.33IU (3.87%), Vitamin E: 0.54mg (3.61%), Vitamin K: 1.67µg (1.59%)