



Apple-Poblano Whole Roast Turkey

READY IN



966 min.

SERVINGS



12

CALORIES



651 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup apple cider
- 8 cups apple cider
- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons peppercorns black crushed
- 0.5 cup brown sugar packed
- 1 tablespoon brown sugar
- 2 tablespoons butter
- 1 cup cilantro leaves
- 0.3 cup flour all-purpose

- 3 tablespoons cilantro leaves fresh chopped
- 3 gala apples divided quartered
- 5 garlic cloves crushed
- 0.3 teaspoon ground coriander
- 0.5 teaspoon ground cumin
- 0.5 teaspoon ground pepper red
- 1 jalapeno quartered
- 0.3 cup kosher salt
- 1 teaspoon kosher salt
- 2 tablespoons juice of lime fresh
- 3 cups lower-sodium chicken broth fat-free divided
- 2 cups onion chopped
- 0.8 teaspoon oregano dried
- 2 poblano chiles divided seeded quartered
- 12 pound turkey fresh organic
- 3 cups water
- 8 cups water

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- pot
- sieve
- roasting pan
- kitchen thermometer
- aluminum foil

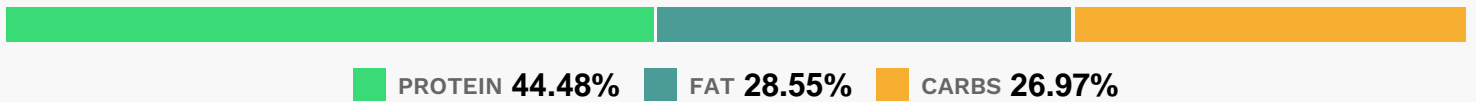
- measuring cup
- cutting board
- kitchen twine

Directions

- To prepare brine, combine first 6 ingredients, stirring well.
- To prepare turkey, remove giblets and neck from turkey; reserve neck and giblets. Trim excess fat.
- 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 brine. Secure bags with several twist ties. Refrigerate 12 to 24 hours.
- Preheat oven to 50
- Remove turkey from bags; discard brine. Pat turkey dry. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat.
- Combine 1 tablespoon sugar and next 6 ingredients (through coriander) in a small bowl. Rub spice mixture under loosened skin over flesh.
- Place 1 apple quarter and 1 poblano quarter in the neck cavity; close skin flap. Arrange 5 apple quarters, 1 poblano quarter, and 1 cup cilantro leaves in the body cavity. Secure legs with kitchen twine. Arrange turkey, neck, and giblets on the rack of a roasting pan coated with cooking spray. Arrange remaining 6 apple quarters and 6 poblano quarters in bottom of roasting pan coated with cooking spray.
- Place rack with turkey in pan. Roast at 500 for 30 minutes.
- Reduce oven temperature to 350 (do not remove turkey from oven).
- Place a foil tent over turkey breast.
- Pour 3 cups water in bottom of pan.
- Bake turkey at 350 for 40 minutes. Rotate turkey, and baste with 3/4 cup broth. Roast for 30 minutes; rotate turkey. Baste with 3/4 cup broth. Roast 20 minutes or until a thermometer inserted in the thickest part of the thigh registers 16
- Remove from oven.
- Place turkey, breast side down, on a jelly-roll pan or cutting board.

- Let stand, covered, for 30 minutes.
- Serve breast side up. Chop giblets. Discard neck.
- Strain pan drippings through a sieve into a bowl; discard solids. Melt butter in a large saucepan over medium-high heat.
- Add onion; saut for 5 minutes or until translucent. Stir in reserved chopped giblets and garlic; saut 2 minutes, stirring constantly. Weigh or lightly spoon flour into a dry measuring cup, and level with a knife.
- Sprinkle flour over onion mixture; saute 2 minutes, stirring frequently.
- Add drippings, remaining 1 1/2 cups broth, and 1 cup apple cider; bring to a boil. Reduce heat, and simmer until reduced to 3 cups (about 15 minutes). Strain through a sieve over a bowl, and discard solids. Stir in chopped cilantro and lime juice. Discard turkey skin; carve.
- Serve with gravy.

Nutrition Facts



Properties

Glycemic Index:42.29, Glycemic Load:12.07, Inflammation Score:-7, Nutrition Score:33.601739406586%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.8mg, Catechin: 2.8mg, Catechin: 2.8mg, Catechin: 2.8mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 11.76mg, Epicatechin: 11.76mg, Epicatechin: 11.76mg, Epicatechin: 11.76mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 9.55mg, Quercetin: 9.55mg, Quercetin: 9.55mg, Quercetin: 9.55mg

Nutrients (% of daily need)

Calories: 650.98kcal (32.55%), Fat: 20.57g (31.65%), Saturated Fat: 6.02g (37.6%), Carbohydrates: 43.72g (14.57%), Net Carbohydrates: 40.76g (14.82%), Sugar: 33.57g (37.3%), Cholesterol: 236.89mg (78.96%), Sodium: 3847.65mg (167.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 72.11g (144.22%), Vitamin B3: 25.12mg (125.6%),

Vitamin B6: 2.09mg (104.68%), Selenium: 70.26µg (100.36%), Vitamin B12: 3.93µg (65.55%), Phosphorus: 629.26mg (62.93%), Zinc: 5.97mg (39.79%), Vitamin B2: 0.67mg (39.65%), Potassium: 1206.87mg (34.48%), Vitamin C: 24.6mg (29.82%), Vitamin B5: 2.85mg (28.54%), Manganese: 0.54mg (27.01%), Magnesium: 105.04mg (26.26%), Iron: 3.72mg (20.66%), Copper: 0.38mg (19.22%), Vitamin B1: 0.25mg (16.75%), Fiber: 2.96g (11.84%), Vitamin K: 11.16µg (10.62%), Vitamin A: 497.01IU (9.94%), Folate: 38.08µg (9.52%), Calcium: 93.05mg (9.31%), Vitamin D: 0.97µg (6.44%), Vitamin E: 0.68mg (4.51%)