



Apple-Stuffed Turkey



Gluten Free



Dairy Free

READY IN



180 min.

SERVINGS



18

CALORIES



395 kcal

SIDE DISH

Ingredients



5 pounds apples whole unpeeled



12 pound turkey – whole thawed



0.3 cup vegetable oil or as needed

Equipment



frying pan



paper towels



oven

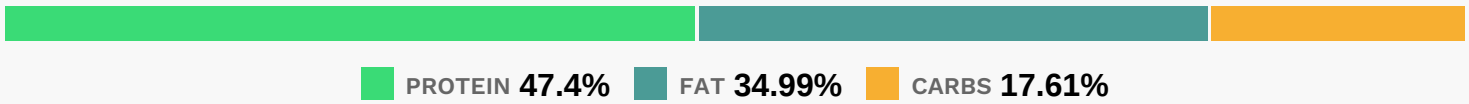


roasting pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ If necessary, unbind legs of turkey. Rinse and dry turkey with paper towels.
- ☐ Place turkey into a roasting pan with a lid, and rub the oil all over the turkey, inside and out. Stuff the body and neck cavities of the turkey with the apple quarters; arrange whole apples around the turkey in the roasting pan. Scatter any extra apple quarters into the pan. Cover the roasting pan.
- ☐ Roast in the preheated oven until the skin is browned and the meat is beginning to separate from the legs, 2 1/2 to 3 hours.
- ☐ Remove lid in last 20 minutes of roasting if needed to brown skin. Use pan drippings for gravy, if desired.

Nutrition Facts



Properties

Glycemic Index:1.78, Glycemic Load:4.6, Inflammation Score:-4, Nutrition Score:20.920434817024%

Flavonoids

Cyanidin: 1.98mg, Cyanidin: 1.98mg, Cyanidin: 1.98mg, Cyanidin: 1.98mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 9.49mg, Epicatechin: 9.49mg, Epicatechin: 9.49mg, Epicatechin: 9.49mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 5.05mg, Quercetin: 5.05mg, Quercetin: 5.05mg, Quercetin: 5.05mg

Nutrients (% of daily need)

Calories: 395.01kcal (19.75%), Fat: 15.35g (23.62%), Saturated Fat: 3.63g (22.71%), Carbohydrates: 17.39g (5.8%), Net Carbohydrates: 14.36g (5.22%), Sugar: 13.23g (14.7%), Cholesterol: 154.58mg (51.53%), Sodium: 241.72mg (10.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.79g (93.58%), Vitamin B3: 16.5mg (82.49%), Vitamin B6: 1.34mg (66.89%), Selenium: 45.73µg (65.33%), Vitamin B12: 2.62µg (43.66%), Phosphorus: 406.76mg (40.68%), Zinc: 3.87mg (25.81%), Vitamin B2: 0.43mg (25.29%), Vitamin B5: 1.82mg (18.18%), Potassium: 615.75mg

(17.59%), Magnesium: 59.97mg (14.99%), Fiber: 3.02g (12.1%), Iron: 2mg (11.1%), Copper: 0.2mg (9.97%), Vitamin B1: 0.12mg (8.3%), Vitamin K: 8.34µg (7.94%), Vitamin C: 5.8mg (7.03%), Folate: 18.81µg (4.7%), Vitamin E: 0.67mg (4.45%), Vitamin D: 0.64µg (4.29%), Vitamin A: 188.27IU (3.77%), Manganese: 0.07mg (3.49%), Calcium: 31.18mg (3.12%)