



## Awesome Tangerine-Glazed Turkey

READY IN



255 min.

SERVINGS



54

CALORIES



150 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.8 cup canola oil
- 3 tablespoons flour all-purpose
- 54 servings salt and pepper to taste
- 2.3 cups sausage
- 1.5 cups tangerine juice
- 2.3 cups turkey stock
- 0.8 cup butter unsalted divided
- 10 pound turkey whole

## Equipment

- frying pan
- sauce pan
- oven
- whisk
- sieve
- baking pan
- roasting pan
- cheesecloth

## Directions

- Melt 6 tablespoons butter with canola oil and tangerine juice in a saucepan over medium heat.
- Remove from heat, and allow to cool about 5 minutes. Soak a piece of cheesecloth large enough to drape over the turkey in the mixture.
- Preheat oven to 425 degrees F ( 220 degrees C).Clean turkey, and season body cavity with salt and pepper. Loosely pack the neck cavity and body cavity with stuffing. Tie drumsticks together, spread 6 tablespoons butter over the turkey, and season with salt and pepper.
- Place turkey in a shallow roasting pan.
- Roast turkey for 25 minutes in the preheated oven, and then arrange soaked cheesecloth over turkey. Reduce oven temperature to 325 degrees F (110 degrees C). Continue roasting 1 hour. Leaving the cheesecloth draped over the turkey, baste with the tangerine juice mixture. Continue roasting about 2 hours, basting occasionally, until the internal temperature of the thickest part of the thigh reaches 180 degrees F (80 degrees C) and the stuffing inside the body cavity reaches 165 degrees F (70 degrees C). Discard cheesecloth, and place turkey on a serving platter. Allow turkey to cool about 25 minutes before carving.
- Skim fat from pan juices, and reserve 1/4 cup fat and skimmed pan juices. In the baking pan, mix pan juices with 1 cup turkey stock; cook over high heat, stirring to scrape the bottom of the pan.
- In a saucepan over low heat, whisk together reserved 1/4 cup fat and flour until thickened, about 3 minutes. Stir in pan juices and remaining turkey stock, and add neck and giblets.

Simmer 10 minutes, stirring constantly, until giblets are cooked through. Strain through a sieve, and serve with the turkey and stuffing.

## Nutrition Facts

**PROTEIN 39.83%** **FAT 56.49%** **CARBS 3.68%**

### Properties

Glycemic Index:1.91, Glycemic Load:0.23, Inflammation Score:-2, Nutrition Score:6.4056520763299%

### Flavonoids

Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

### Nutrients (% of daily need)

Calories: 150.18kcal (7.51%), Fat: 9.29g (14.3%), Saturated Fat: 3.44g (21.49%), Carbohydrates: 1.36g (0.45%), Net Carbohydrates: 1.34g (0.49%), Sugar: 0.87g (0.97%), Cholesterol: 57.11mg (19.04%), Sodium: 337.8mg (14.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.75g (29.49%), Vitamin B3: 5.2mg (26.02%), Vitamin B6: 0.4mg (19.83%), Selenium: 13.1µg (18.71%), Vitamin B12: 0.82µg (13.61%), Phosphorus: 127.28mg (12.73%), Zinc: 1.3mg (8.65%), Vitamin B2: 0.14mg (7.96%), Vitamin B5: 0.56mg (5.64%), Potassium: 181.84mg (5.2%), Vitamin B1: 0.07mg (4.44%), Magnesium: 17.39mg (4.35%), Iron: 0.68mg (3.77%), Copper: 0.06mg (3.04%), Vitamin A: 137.23IU (2.74%), Vitamin C: 2.11mg (2.55%), Vitamin D: 0.35µg (2.36%), Vitamin E: 0.27mg (1.78%), Folate: 5.97µg (1.49%)