



## Basic Roast Turkey

 **Gluten Free**

READY IN



**15 min.**

SERVINGS



**8**

CALORIES



**778 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black
- 3 carrots roughly chopped
- 1 stalk celery roughly chopped
- 0.8 teaspoon kosher salt
- 6 tablespoons olive oil unsalted melted
- 12 pound turkey
- 2 medium onions yellow cut into wedges

### Equipment

- frying pan
- paper towels
- oven
- wire rack
- roasting pan
- kitchen thermometer
- aluminum foil
- kitchen twine

## Directions

- Heat oven to 425 F. Rinse the turkey inside and out and pat it dry with paper towels.
- Place the wings underneath the body. If desired, tie the drumsticks together using kitchen string.
- Place the carrots, celery, and onions in a metal roasting pan.
- Transfer the turkey to a wire rack and place it on top of the vegetables.
- Drizzle the skin with the butter or oil and, using your fingers, spread it evenly. Season with the salt and pepper. Roast the turkey, uncovered, until browned, 30 to 45 minutes.
- Add 1 cup cold water to pan. Cover the turkey loosely with foil. Reduce oven temperature to 350 F. Roast until a thermometer inserted in a thigh registers 180 F, about 2 hours total.
- Let the turkey rest for at least 30 minutes before carving.
- Garnish with the orange wedges and parsley or celery leaves (if using). If making gravy, reserve the juices in the roasting pan. **Tip: To stuff or not to stuff?** The safest place to bake stuffing is in a dish, says Diane Van, manager of the U.S. Department of Agriculture Meat and Poultry Hotline. If you prefer the added flavor that comes from cooking it in a turkey, leave it in the oven until the center of the stuffing registers 165 F.

## Nutrition Facts

 **PROTEIN 55.12%**  **FAT 42.28%**  **CARBS 2.6%**

## Properties

Glycemic Index:17.23, Glycemic Load:1.32, Inflammation Score:-10, Nutrition Score:39.693477755008%

## Flavonoids

Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

## Nutrients (% of daily need)

Calories: 777.66kcal (38.88%), Fat: 35.85g (55.16%), Saturated Fat: 12.47g (77.96%), Carbohydrates: 4.95g (1.65%), Net Carbohydrates: 3.75g (1.36%), Sugar: 2.61g (2.9%), Cholesterol: 370.39mg (123.46%), Sodium: 781.11mg (33.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 105.18g (210.37%), Vitamin B3: 37.14mg (185.71%), Vitamin B6: 2.96mg (148.12%), Selenium: 103.18µg (147.41%), Vitamin B12: 5.91µg (98.52%), Phosphorus: 903.83mg (90.38%), Vitamin A: 4377.76IU (87.56%), Zinc: 8.72mg (58.12%), Vitamin B2: 0.92mg (54.17%), Vitamin B5: 4.04mg (40.39%), Potassium: 1211.84mg (34.62%), Magnesium: 127.14mg (31.78%), Iron: 4.3mg (23.89%), Copper: 0.4mg (19.87%), Vitamin B1: 0.26mg (17.42%), Folate: 45.51µg (11.38%), Vitamin D: 1.61µg (10.71%), Calcium: 71.94mg (7.19%), Manganese: 0.14mg (7.01%), Vitamin E: 0.85mg (5.66%), Vitamin K: 5.43µg (5.17%), Fiber: 1.2g (4.82%), Vitamin C: 3.54mg (4.29%)