



Basic Roasted Turkey

 Gluten Free

READY IN



660 min.

SERVINGS



8

CALORIES



736 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 celery stalks cut into 3 pieces
- 0.5 optional: lemon
- 0.5 onion quartered
- 12 pound turkey
- 4 tablespoons butter unsalted ()

Equipment

- baking sheet
- paper towels

- oven
- plastic wrap
- roasting pan
- kitchen thermometer

Directions

- The night before you roast the turkey, remove the contents from the cavity. Discard the giblets (heart, liver, and gizzard) and reserve the neck. Rub the turkey all over with several generous pinches of salt, including a few under the skin covering the breast.
- Place the turkey in a dish or on a baking sheet, cover with plastic wrap, and refrigerate until the next day.
- Heat the oven to 350°F and place a rack in the lower third. Pat the turkey dry inside and out with paper towels and tuck the wing tips back and underneath. Rub a generous amount of vegetable oil inside the cavity and all over the outside. Season well with salt and pepper, including inside the cavity and under the skin. Break the butter into little chunks and place them under the skin covering the breast.
- Put the lemon, onion, and celery inside the cavity.
- Place the turkey, breast down, on a roasting rack set in a roasting pan and put the reserved neck in the bottom of the pan. Roast for 45 minutes, basting the turkey every 20 minutes once the pan juices accumulate. After 45 minutes, flip the turkey onto its back and continue to baste and roast for about 2 to 2 1/2 hours. When a meat thermometer inserted into the inner thigh registers 170°F and the juices run clear, remove the turkey from the oven and let it rest 20 to 30 minutes before carving. (If you're planning on making your own gravy, be sure to reserve the neck in the bottom of the roasting pan and the vegetables from inside the bird's cavity.)

Nutrition Facts

 PROTEIN **58.14%**  FAT **41.15%**  CARBS **0.71%**

Properties

Glycemic Index:10.56, Glycemic Load:0.26, Inflammation Score:-6, Nutrition Score:35.049999698349%

Flavonoids

Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 736.1kcal (36.81%), Fat: 32.95g (50.69%), Saturated Fat: 10.66g (66.62%), Carbohydrates: 1.29g (0.43%), Net Carbohydrates: 0.98g (0.36%), Sugar: 0.76g (0.85%), Cholesterol: 362.86mg (120.95%), Sodium: 542.63mg (23.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 104.75g (209.5%), Vitamin B3: 36.88mg (184.41%), Selenium: 103.03µg (147.18%), Vitamin B6: 2.91mg (145.39%), Vitamin B12: 5.91µg (98.42%), Phosphorus: 888.9mg (88.89%), Zinc: 8.62mg (57.48%), Vitamin B2: 0.9mg (52.92%), Vitamin B5: 3.95mg (39.48%), Potassium: 1104.42mg (31.55%), Magnesium: 122.19mg (30.55%), Iron: 4.21mg (23.4%), Copper: 0.38mg (18.92%), Vitamin B1: 0.24mg (15.88%), Vitamin D: 1.55µg (10.36%), Folate: 36.25µg (9.06%), Vitamin A: 449.32IU (8.99%), Calcium: 58.35mg (5.84%), Vitamin C: 4.1mg (4.97%), Vitamin E: 0.61mg (4.07%), Manganese: 0.07mg (3.48%), Fiber: 0.31g (1.26%)