



Beer and Rosemary Roasted Turkey

 Dairy Free

READY IN



240 min.

SERVINGS



12

CALORIES



512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 oz beer dark canned
- ☐ 0.3 cup butter melted
- ☐ 2 tablespoons dijon mustard
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon rosemary leaves dried fresh chopped
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 12 lb turkey whole frozen thawed

☐ 0.5 cup water cold

Equipment

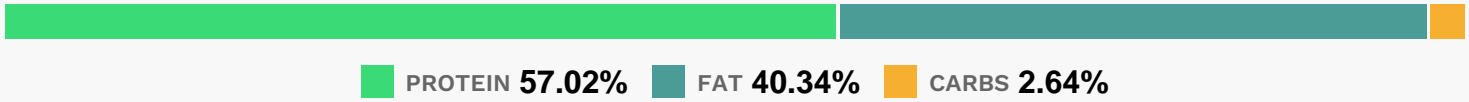
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ microwave
- ☐ skewers

Directions

- ☐ Move oven rack to lowest position.
- ☐ Heat oven to 325°F.
- ☐ Remove and discard neck and giblets from turkey. Rinse turkey inside and out with cold water; pat dry with paper towels. Fasten neck skin to back of turkey with skewer. Fold wings across back of turkey so tips are touching. In shallow roasting pan, place turkey, breast side up.
- ☐ In medium microwavable bowl, stir together butter, mustard, rosemary, salt, pepper and beer. Microwave uncovered on High 1 to 1 1/2 minutes, stirring after 30 seconds, until well mixed.
- ☐ Brush about 1/3 of mixture evenly over surface of turkey. Fasten drumsticks together with cotton string. Insert ovenproof meat thermometer so tip is in thickest part of inside thigh and does not touch bone.
- ☐ Roast uncovered 2 1/2 to 3 hours, brushing with additional beer mixture and pan juices every 30 minutes. Turkey is done when thermometer reads 165°F and drumsticks move easily when lifted or twisted. If necessary, cover turkey breast with heavy-duty foil during last 1 hour 30 minutes to 2 hours of baking to prevent excess browning.
- ☐ Let turkey stand 15 to 20 minutes for easier carving.

- ☐
- Remove skewers before slicing.
- ☐
- Meanwhile, measure drippings and enough water to make 2 cups. In 2-quart saucepan, heat drippings to boiling. In small cup, stir together cold water and flour until smooth. Stir flour mixture into boiling drippings. Continue stirring 2 to 3 minutes longer or until gravy is thickened and bubbly.

Nutrition Facts



Properties

Glycemic Index:14.96, Glycemic Load:1.86, Inflammation Score:-6, Nutrition Score:27.887391354403%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 511.72kcal (25.59%), Fat: 22.09g (33.99%), Saturated Fat: 5.51g (34.44%), Carbohydrates: 3.26g (1.09%), Net Carbohydrates: 3.03g (1.1%), Sugar: 0.24g (0.26%), Cholesterol: 231.88mg (77.29%), Sodium: 628.32mg (27.32%), Alcohol: 1.11g (100%), Alcohol %: 0.38% (100%), Protein: 70.25g (140.51%), Vitamin B3: 24.89mg (124.46%), Selenium: 70.5µg (100.72%), Vitamin B6: 1.95mg (97.31%), Vitamin B12: 3.94µg (65.66%), Phosphorus: 600.16mg (60.02%), Zinc: 5.77mg (38.49%), Vitamin B2: 0.62mg (36.44%), Vitamin B5: 2.65mg (26.49%), Potassium: 739.83mg (21.14%), Magnesium: 84.53mg (21.13%), Iron: 2.96mg (16.43%), Copper: 0.26mg (12.92%), Vitamin B1: 0.18mg (12.12%), Folate: 29.43µg (7.36%), Vitamin A: 356.61IU (7.13%), Vitamin D: 0.97µg (6.44%), Calcium: 41.26mg (4.13%), Manganese: 0.08mg (4.09%), Vitamin E: 0.45mg (2.98%)