



Black Pepper-Pomegranate Molasses Glazed Turkey

 Gluten Free  Low Fod Map

READY IN



155 min.

SERVINGS



8

CALORIES



1247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups chicken stock see low-sodium homemade canned
- 3 tablespoons dijon mustard
- 1.5 teaspoons coarsely ground pepper black
- 0.8 cup horseradish prepared drained
- 0.5 teaspoon kosher salt
- 1.5 cups pomegranate molasses
- 8 servings salt and pepper black freshly ground

- 15 pounds turkey fresh
- 0.5 cup butter unsalted softened

Equipment

- oven
- whisk
- roasting pan
- kitchen thermometer

Directions

- Watch how to make this recipe.
- Preheat oven to 450 degrees F.
- Whisk together pomegranate molasses, horseradish, mustard, salt, and coarsely ground black pepper. Set aside and let sit at room temperature for at least 30 minutes before using to allow the flavors to meld.
- Remove the neck, heart and gizzard from inside of the turkey. Rinse the bird inside and out with cold water and pat dry. Rub the entire surface of the bird with the butter and season well (including the cavity) with salt and pepper. Truss the turkey and place breast-up on a rack in a large roasting pan. Roast for about 45 minutes, until slightly golden brown. Reduce the heat to 350 degrees F and continue roasting, basting with some of the chicken stock every 15 minutes, for about 1 hour, 15 minutes longer. (An instant-read thermometer inserted in the thigh should register 160 degrees F.)
- During the last 15 minutes of roasting, stop basting with the chicken stock and brush the entire turkey with 1 cup of the pomegranate glaze.
- Remove the turkey from the oven, brush with the remaining glaze, loosely tent and let rest 15 minutes before slicing.

Nutrition Facts

PROTEIN 51.86% **FAT 40.23%** **CARBS 7.91%**

Properties

Glycemic Index:16.38, Glycemic Load:0.71, Inflammation Score:-8, Nutrition Score:42.490869625755%

Nutrients (% of daily need)

Calories: 1246.69kcal (62.33%), Fat: 54.23g (83.43%), Saturated Fat: 18.46g (115.36%), Carbohydrates: 23.99g (8%), Net Carbohydrates: 22.88g (8.32%), Sugar: 17.74g (19.71%), Cholesterol: 516.52mg (172.17%), Sodium: 1473.73mg (64.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 157.28g (314.56%), Vitamin B3: 48.67mg (243.35%), Selenium: 150.19µg (214.55%), Vitamin B6: 3.83mg (191.69%), Vitamin B12: 8.42µg (140.27%), Phosphorus: 1279.07mg (127.91%), Zinc: 13.55mg (90.35%), Vitamin B2: 1.23mg (72.61%), Vitamin B5: 4.96mg (49.57%), Potassium: 1582.97mg (45.23%), Magnesium: 180.31mg (45.08%), Iron: 6.76mg (37.55%), Copper: 0.54mg (27.11%), Vitamin B1: 0.3mg (20.23%), Vitamin A: 881.17IU (17.62%), Folate: 58.04µg (14.51%), Vitamin D: 2.13µg (14.18%), Calcium: 102.52mg (10.25%), Manganese: 0.19mg (9.29%), Vitamin E: 1.23mg (8.18%), Vitamin C: 5.63mg (6.82%), Fiber: 1.1g (4.42%), Vitamin K: 4.51µg (4.29%)