



Blast Furnace-Roasted Turkey

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



23

CALORIES



239 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons chives fresh minced
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 2 tablespoons sage fresh minced
- ☐ 2 tablespoons thyme leaves fresh minced
- ☐ 1 teaspoon pepper freshly ground
- ☐ 8 cups rock salt
- ☐ 1 tablespoon salt
- ☐ 2 tablespoons shallots minced

☐ 12 pound turkey

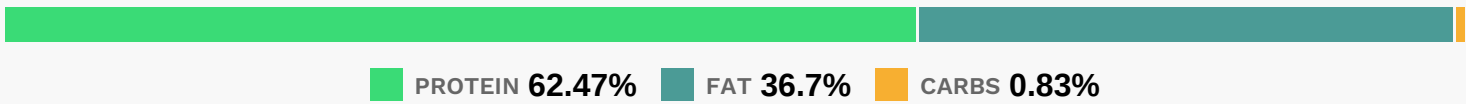
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Remove and discard giblets and neck from turkey. Rinse turkey under cold water, and pat dry. Trim excess fat from turkey. Starting at neck cavity, loosen skin from breast and drumsticks by inserting one hand, palm side down. Gently push hand beneath the skin and against the meat to loosen skin.
- ☐ Combine 1 tablespoon salt and the next 6 ingredients (1 tablespoon of salt through pepper) in a bowl; stir well. Rub herb mixture on breast and drumsticks beneath the skin. Tie ends of legs together with cord. Lift wing tips up and over back, and tuck under turkey.
- ☐ Spread rock salt in bottom of a shallow roasting pan.
- ☐ Place turkey, breast side up, on rock salt. Insert meat thermometer in meaty part of thigh, making sure it does not touch bone.
- ☐ Bake at 500 for 1 1/2 hours or until thermometer reaches 16
- ☐ Cover turkey loosely with aluminum foil; let stand 15 minutes. Discard skin before serving.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.08, Inflammation Score:-6, Nutrition Score:19.54739144574%

Flavonoids

Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin:

0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 239.4kcal (11.97%), Fat: 9.52g (14.65%), Saturated Fat: 2.47g (15.47%), Carbohydrates: 0.48g (0.16%), Net Carbohydrates: 0.29g (0.1%), Sugar: 0.18g (0.2%), Cholesterol: 120.98mg (40.33%), Sodium: 39856.66mg (1732.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.47g (72.94%), Copper: 1.75mg (87.41%), Vitamin B3: 12.84mg (64.22%), Selenium: 35.91µg (51.3%), Vitamin B6: 1.01mg (50.63%), Vitamin B12: 2.05µg (34.17%), Phosphorus: 309.44mg (30.94%), Zinc: 3.13mg (20.84%), Vitamin B2: 0.32mg (18.56%), Vitamin B5: 1.37mg (13.72%), Magnesium: 45.59mg (11.4%), Potassium: 398.22mg (11.38%), Iron: 2mg (11.13%), Manganese: 0.2mg (10.02%), Vitamin K: 9.26µg (8.82%), Vitamin B1: 0.08mg (5.58%), Calcium: 50.6mg (5.06%), Vitamin A: 178.83IU (3.58%), Vitamin D: 0.5µg (3.36%), Folate: 13.41µg (3.35%), Vitamin C: 1.89mg (2.29%), Vitamin E: 0.16mg (1.05%)