



Brined and Roasted Whole Turkey



Gluten Free



Low Fod Map

READY IN



800 min.

SERVINGS



10

CALORIES



780 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 pound skin-on turkey fresh whole bone-in dry rinsed
- ☐ 1 cup coarse kosher salt morton®
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 cup sugar
- ☐ 3 tablespoons butter unsalted melted
- ☐ 2 gallons cool water
- ☐ 1 cup white wine

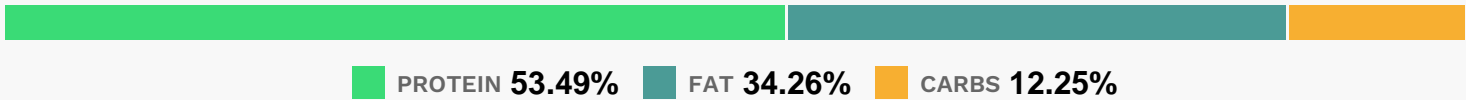
Equipment

- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ roasting pan

Directions

- ☐ Combine Morton®Kosher Salt and sugar in cool water in a large, clean stockpot until completely dissolved.
- ☐ Place the whole turkey in the brine until completely submerged. Cover and refrigerate overnight, up to 14 hours.
- ☐ Remove the turkey from the brine, rinse inside and out under cool running water for several minutes to remove all traces of salt; pat dry with paper towel.
- ☐ -5 hour Brine: To brine your turkey in less time (4–5 hours), use 2 cups of Morton®Coarse Kosher Salt and two cups of sugar. Cover and refrigerate for 4 to 5 hours.
- ☐ Mix the softened butter with the pepper.
- ☐ Place turkey on rack in roasting pan. Rub the seasoned butter under the skin.
- ☐ Brush the skin with the melted butter.
- ☐ Pour the 1 cup liquid (wine, broth or water) over the pan bottom to prevent drippings from burning. Roast turkey at 450 degrees F for 25 minutes, baste and then rotate the roasting pan. Continue roasting until the skin turns golden brown, an additional 25 minutes; baste again. Reduce oven temperature to 325 degrees F; continue to roast, basting and rotating the pan once about halfway through cooking, until the minimum internal temperature reaches 165 degrees F.
- ☐ Remove the turkey from the oven.
- ☐ Let stand 20 minutes before carving.

Nutrition Facts



Properties

Glycemic Index:10.21, Glycemic Load:13.97, Inflammation Score:2, Nutrition Score:1.0100000029349%

Nutrients (% of daily need)

Calories: 779.8kcal (38.99%), Fat: 30.56g (47.02%), Saturated Fat: 11.13g (69.54%), Carbohydrates: 24.6g (8.2%), Net Carbohydrates: 24.57g (8.94%), Sugar: 20.06g (22.29%), Cholesterol: 299.94mg (99.98%), Sodium: 12426.56mg (540.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 107.36g (214.72%), Copper: 0.14mg (6.84%), Calcium: 32.31mg (3.23%), Manganese: 0.05mg (2.69%), Vitamin A: 105.97IU (2.12%), Magnesium: 8.35mg (2.09%), Vitamin B2: 0.02mg (1.13%)