



## Brined Maple Turkey with Cream Gravy

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



594 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 teaspoon pepper black
- ☐ 3 tablespoons peppercorns black
- ☐ 1 cup coca-cola
- ☐ 2 tablespoons cornstarch
- ☐ 1 tablespoon rubbed sage dried
- ☐ 14.5 ounce fat-skimmed beef broth fat-free canned
- ☐ 2 tablespoons thyme sprigs fresh minced

- ☐ 4 garlic clove chopped
- ☐ 8 garlic clove crushed
- ☐ 0.8 cup kosher salt
- ☐ 1 optional: lemon thinly sliced
- ☐ 0.5 cup maple syrup
- ☐ 0.8 cup maple syrup
- ☐ 2 onion quartered
- ☐ 1 tablespoon poultry seasoning
- ☐ 0.3 teaspoon salt
- ☐ 12 pound turkey fresh frozen thawed
- ☐ 8 quarts water
- ☐ 1 cup milk whole

## Equipment

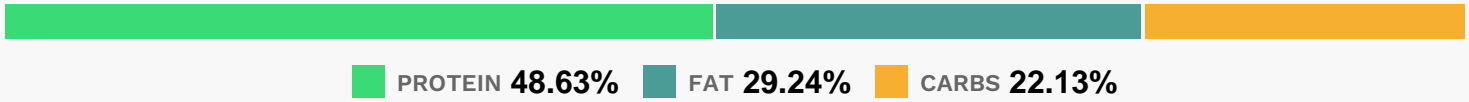
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ stove
- ☐ ziploc bags
- ☐ colander
- ☐ broiler pan
- ☐ kitchen twine

## Directions

- ☐ To prepare brine, combine first 6 ingredients in a large stockpot, stirring until salt dissolves.
- ☐ To prepare turkey, remove and reserve giblets and neck from turkey. Rinse turkey with cold water; pat dry. Trim excess fat.
- ☐ Add turkey to pot, turning to coat. Cover and refrigerate 24 hours, turning occasionally.
- ☐ Preheat oven to 37
- ☐ Bring cola and 1/2 cup syrup to a boil in a small saucepan; cook 1 minute.
- ☐ Combine thyme, sage, seasoning, and 1/2 teaspoon pepper.
- ☐ Remove turkey from brine, discarding brine; pat dry. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat. Rub thyme mixture under loosened skin; sprinkle inside body cavity.
- ☐ Place 4 garlic cloves and onions in body cavity. Tie ends of legs together with twine. Lift wing tips up and over back; tuck under turkey.
- ☐ Place turkey on a broiler pan coated with cooking spray. Insert a meat thermometer into meaty part of a thigh, making sure not to touch bone.
- ☐ Bake at 375 for 45 minutes.
- ☐ Pour cola mixture over turkey; cover with foil.
- ☐ Bake an additional 1 hour and 45 minutes or until thermometer registers 18
- ☐ Remove turkey from pan, reserving drippings for gravy.
- ☐ Place turkey on a platter. Cover loosely with foil; let stand 10 minutes.
- ☐ Remove twine. Discard skin.
- ☐ To prepare gravy, while turkey bakes, combine reserved giblet and neck and the broth in a saucepan; bring to a boil. Cover, reduce heat, and simmer 45 minutes. Strain mixture through a colander into a bowl, discarding solids.
- ☐ Place a zip-top plastic bag inside a 2-cup glass measure.
- ☐ Pour pan drippings into bag; let stand 10 minutes (fat will rise to the top).
- ☐ Seal bag; carefully snip off 1 bottom corner of bag.
- ☐ Drain drippings into broiler pan, stopping before fat layer reaches opening; discard fat.
- ☐ Add broth mixture.

- ☐
- Place broiler pan on stovetop over medium heat, scraping pan to loosen browned bits.
- ☐
- Combine milk and cornstarch in a small bowl, stirring well with a whisk; add to pan. Bring to a boil; cook 1 minute, stirring constantly.
- ☐
- Strain gravy through a sieve into a bowl. Discard solids. Stir in 1/4 teaspoon salt and 1/4 teaspoon pepper.

## Nutrition Facts



## Properties

Glycemic Index:35.63, Glycemic Load:10.98, Inflammation Score:-9, Nutrition Score:35.055217452671%

## Flavonoids

Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

## Nutrients (% of daily need)

Calories: 594.31kcal (29.72%), Fat: 19.09g (29.37%), Saturated Fat: 5.16g (32.26%), Carbohydrates: 32.52g (10.84%), Net Carbohydrates: 30.95g (11.26%), Sugar: 24.15g (26.83%), Cholesterol: 234.32mg (78.11%), Sodium: 7667.94mg (333.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 71.44g (142.88%), Vitamin B3: 24.94mg (124.69%), Vitamin B6: 2.03mg (101.66%), Selenium: 70.52µg (100.75%), Vitamin B12: 4.11µg (68.46%), Manganese: 1.29mg (64.68%), Vitamin B2: 1.08mg (63.44%), Phosphorus: 633.25mg (63.32%), Zinc: 6.29mg (41.9%), Vitamin B5: 2.83mg (28.28%), Magnesium: 107.99mg (27%), Potassium: 936.81mg (26.77%), Copper: 0.43mg (21.35%), Iron: 3.71mg (20.61%), Calcium: 156.54mg (15.65%), Vitamin B1: 0.21mg (14.27%), Vitamin C: 9.02mg (10.94%), Vitamin K: 10.02µg (9.55%), Vitamin D: 1.19µg (7.93%), Folate: 29.34µg (7.33%), Fiber: 1.57g (6.28%), Vitamin A: 304.3IU (6.09%), Vitamin E: 0.36mg (2.42%)