



# Butterflied Roasted Turkey with Butternut Squash Stuffing

 Very Healthy

READY IN



160 min.

SERVINGS



8

CALORIES



978 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 8 servings pepper black freshly ground
- 1 pound bread french italian such as or , cut into 1-inch cubes
- 3 pounds butternut squash peeled cut into large dice
- 4 medium celery stalks
- 2 tablespoons dijon mustard
- 2 teaspoons thyme sprigs fresh coarsely chopped
- 8 servings kosher salt

- 12 pound turkey
- 4 tablespoons butter unsalted at room temperature ( )
- 2 medium onion yellow

## Equipment

- bowl
- frying pan
- paper towels
- oven
- knife
- roasting pan
- kitchen thermometer
- cutting board

## Directions

- Heat the oven to 450°F and arrange a rack in the lower third. For the stuffing: Melt the butter over medium heat in a 16-by-13-inch roasting pan set across 2 burners.
- Add the celery, onion, and thyme, season with salt and pepper, and stir to combine. Cook, stirring occasionally, until the vegetables have softened, about 6 minutes.
- Remove the pan from the heat, add the bread and butternut squash, and stir to combine; set aside. For the turkey: In a small bowl, mix the butter, mustard, thyme, and measured salt and pepper until well combined; set aside.
- Remove the turkey's giblets and neck, then rinse out the cavity and pat the turkey dry with paper towels.
- Place the turkey on a cutting board breast-side up with the legs toward you. Gently pull 1 leg away from the body and, using a knife, slice through the skin between the leg and body to expose the thigh.
- Place your hand under the leg and push the thigh up toward you until you see the thigh joint pop out. Repeat with the other leg. Using kitchen shears, cut along the side of the breast through the ribs from the bottom cavity up toward the wing, stopping when you reach the wing joint. Repeat on the other side. Open the turkey up by pulling the breast up and away from you. Flip the turkey over.

- Cut through the backbone right above the legs to separate the turkey into 2 parts. Season the turkey generously all over with salt and pepper. Using your hands, loosen the skin on the breast and evenly distribute half of the butter mixture under the skin.
- Spread the remaining butter mixture evenly over the skin on the legs. Tuck the wings behind the breast.
- Place the turkey pieces skin-side up on top of the stuffing in the roasting pan, overlapping the breast piece over the legs as needed.
- Place the pan in the oven and roast the turkey for 30 minutes, then lower the temperature to 350°F. Continue to roast until a meat thermometer inserted into the inner thigh registers 165°F to 170°F and the juices run clear, about 60 to 75 minutes more.
- Remove the roasting pan from the oven.
- Transfer the turkey pieces to a cutting board and let them rest for 30 minutes. Meanwhile, finish the stuffing. Turn the oven to broil. Stir the stuffing to evenly moisten it with the pan juices. Broil for about 5 minutes, stir, and continue to broil until the bread is deeply browned in spots and the liquid in the pan has evaporated, about 5 to 6 minutes more. Carve the turkey and serve with the stuffing on the side.

## Nutrition Facts

**PROTEIN 46.39%** **FAT 33.13%** **CARBS 20.48%**

### Properties

Glycemic Index:28.33, Glycemic Load:15.09, Inflammation Score:-10, Nutrition Score:53.048260999762%

### Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

### Nutrients (% of daily need)

Calories: 977.55kcal (48.88%), Fat: 35.83g (55.12%), Saturated Fat: 11.1g (69.44%), Carbohydrates: 49.83g (16.61%), Net Carbohydrates: 43.41g (15.78%), Sugar: 8.53g (9.48%), Cholesterol: 362.86mg (120.95%), Sodium: 1054.61mg (45.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 112.88g (225.76%), Vitamin A: 18564.41IU (371.29%), Vitamin B3: 42.15mg (210.73%), Selenium: 121.57µg (173.67%), Vitamin B6: 3.26mg (162.89%), Phosphorus: 1028.18mg (102.82%), Vitamin B12: 5.91µg (98.42%), Vitamin B2: 1.09mg (63.91%), Zinc: 9.53mg (63.56%),

Manganese: 1.15mg (57.64%), Potassium: 1817.85mg (51.94%), Magnesium: 207.73mg (51.93%), Vitamin B5: 5.12mg (51.24%), Vitamin C: 38.75mg (46.97%), Vitamin B1: 0.66mg (43.72%), Iron: 7.61mg (42.26%), Folate: 134.6µg (33.65%), Copper: 0.6mg (29.9%), Fiber: 6.43g (25.7%), Calcium: 219.41mg (21.94%), Vitamin E: 3.18mg (21.2%), Vitamin D: 1.55µg (10.36%), Vitamin K: 6.06µg (5.77%)