



Cajun Deep-Fried Turkey

 Gluten Free

READY IN



75 min.

SERVINGS



12

CALORIES



2418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 fluid ounces beer
- ☐ 2 cups butter
- ☐ 1 teaspoon cayenne pepper
- ☐ 2 tablespoons ground pepper black
- ☐ 0.3 cup hot sauce louisiana-style
- ☐ 0.3 cup garlic juice
- ☐ 0.3 cup onion juice
- ☐ 3 gallons vegetable oil; peanut oil preferred for frying or as needed

- ☐ 12 pound turkey whole
- ☐ 0.3 cup worcestershire sauce

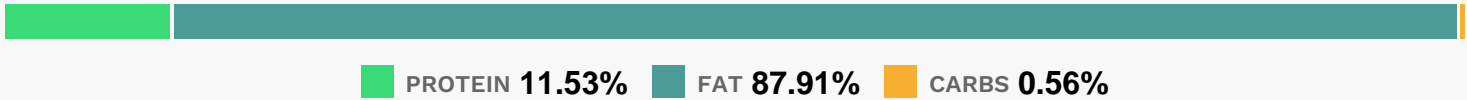
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ ziploc bags
- ☐ baster

Directions

- ☐ Melt the butter in a large saucepan over medium heat.
- ☐ Add the onion juice, garlic juice, hot sauce, Worcestershire sauce, black pepper, cayenne pepper and beer.
- ☐ Mix until well blended.
- ☐ Use a marinade injecting syringe or turkey baster with an injector tip to inject the marinade all over the turkey including the legs, back, wings, thighs and breasts.
- ☐ Place in a large plastic bag and marinate overnight in the refrigerator. Do not use a kitchen trash bag. If your turkey is large, you can use an oven bag.
- ☐ When it's time to fry, measure the amount of oil needed by lowering the turkey into the fryer and filling with enough oil to cover it.
- ☐ Remove the turkey and set aside.
- ☐ Heat the oil to 365 degrees F (185 degrees C). When the oil has come to temperature, lower the turkey into the hot oil slowly using the hanging device that comes with turkey deep-fryers. The turkey should be completely submerged in the oil. Cook for 36 minutes, or 3 minutes per pound of turkey. The turkey is done when the temperature in the thickest part of the thigh reaches 180 degrees F (80 degrees C). Turn off the flame and slowly remove from the oil, making sure all of the oil drains out of the cavity. Allow to rest on a serving platter for about 20 minutes before carving.

Nutrition Facts



Properties

Glycemic Index:18.52, Glycemic Load:0.7, Inflammation Score:-9, Nutrition Score:33.923913167871%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 2417.64kcal (120.88%), Fat: 238.21g (366.47%), Saturated Fat: 56.16g (351.02%), Carbohydrates: 3.45g (1.15%), Net Carbohydrates: 3.07g (1.12%), Sugar: 1.51g (1.68%), Cholesterol: 313.22mg (104.41%), Sodium: 811.87mg (35.3%), Alcohol: 0.67g (100%), Alcohol %: 0.06% (100%), Protein: 70.28g (140.57%), Vitamin E: 30.95mg (206.37%), Vitamin B3: 24.77mg (123.83%), Selenium: 69.19µg (98.85%), Vitamin B6: 1.96mg (97.9%), Vitamin B12: 4µg (66.61%), Phosphorus: 608.23mg (60.82%), Zinc: 5.83mg (38.84%), Vitamin B2: 0.63mg (37.04%), Vitamin B5: 2.69mg (26.87%), Vitamin A: 1213.37IU (24.27%), Potassium: 814.9mg (23.28%), Magnesium: 85.85mg (21.46%), Iron: 3.29mg (18.27%), Copper: 0.28mg (13.88%), Vitamin B1: 0.17mg (11.16%), Manganese: 0.18mg (9.07%), Folate: 26.45µg (6.61%), Vitamin D: 0.97µg (6.44%), Vitamin C: 4.91mg (5.95%), Calcium: 57.58mg (5.76%), Vitamin K: 5.93µg (5.65%), Fiber: 0.38g (1.52%)