



Cajun-Spiced Turkey

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



12

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 celery stalks coarsely chopped
- 1 bell pepper green coarsely chopped
- 12 servings pepper black freshly ground
- 1 medium onion coarsely chopped
- 12 pound turkey dry
- 0.3 cup vegetable oil ()

Equipment

- bowl

- frying pan
- paper towels
- oven
- roasting pan
- kitchen thermometer

Directions

- Set a rack inside a large heavy roasting pan. Season turkey lightly inside and out with salt and pepper, then with spice mix, massaging it into the skin.
- Transfer turkey, breast side down, to prepared pan and refrigerate, uncovered, overnight.
- Remove turkey from refrigerator; let stand at room temperature for 1 hour.
- Preheat oven to 375°F.
- Mix celery, pepper, and onion in a medium bowl. Fill turkey cavities with vegetable mixture, scattering any remaining vegetables over bottom of roasting pan.
- Brush turkey with oil.
- Roast turkey, basting occasionally, for 1 hour. Using paper towels, flip turkey. Roast, basting occasionally, until an instant-read thermometer inserted into thickest part of thigh registers 165°F, 1-1 1/2 hours longer.
- Transfer to a platter.
- Let rest for at least 20 minutes before carving.

Nutrition Facts

PROTEIN 57.08% **FAT 41.78%** **CARBS 1.14%**

Properties

Glycemic Index:8.42, Glycemic Load:0.23, Inflammation Score:-5, Nutrition Score:28.41652162697%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 500.19kcal (25.01%), Fat: 22.74g (34.98%), Saturated Fat: 5.41g (33.81%), Carbohydrates: 1.39g (0.46%), Net Carbohydrates: 1.04g (0.38%), Sugar: 0.82g (0.92%), Cholesterol: 231.88mg (77.29%), Sodium: 361.65mg (15.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 69.89g (139.78%), Vitamin B3: 24.64mg (123.18%), Vitamin B6: 1.96mg (98.14%), Selenium: 68.65µg (98.07%), Vitamin B12: 3.93µg (65.48%), Phosphorus: 594.23mg (59.42%), Zinc: 5.76mg (38.42%), Vitamin B2: 0.6mg (35.38%), Vitamin B5: 2.64mg (26.35%), Potassium: 754.33mg (21.55%), Magnesium: 82.63mg (20.66%), Iron: 2.83mg (15.74%), Copper: 0.26mg (12.98%), Vitamin B1: 0.16mg (10.98%), Vitamin C: 8.66mg (10.5%), Vitamin K: 9.38µg (8.94%), Vitamin D: 0.97µg (6.44%), Folate: 25.41µg (6.35%), Vitamin E: 0.7mg (4.68%), Vitamin A: 219.27IU (4.39%), Calcium: 39.1mg (3.91%), Manganese: 0.08mg (3.78%), Fiber: 0.35g (1.42%)