



## Chiarello's Herb Roasted Turkey

READY IN



165 min.

SERVINGS



12

CALORIES



634 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.8 cup butter
- 2 carrots halved
- 4 stalks celery halved
- 64 ounce cartons chicken broth progresso®
- 0.8 cup flour all-purpose
- 3 sprigs rosemary fresh
- 2 sprigs sage fresh
- 2 sprigs thyme leaves fresh

- 1 optional: lemon halved
- 3 tablespoons olive oil extra-virgin
- 2 sprigs oregano fresh
- 1 teaspoon salt
- 4 cups water
- 12 pound turkey whole

## Equipment

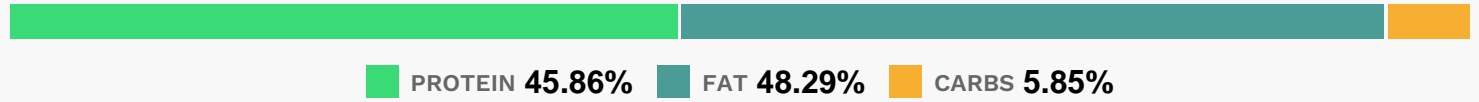
- frying pan
- sauce pan
- oven
- wire rack
- roasting pan
- kitchen thermometer

## Directions

- Heat oven to 375 degrees F.
- Wash the turkey, inside and out, and dry well. Coat inside and outside with olive oil. Season turkey on the outside with salt and pepper, pressing it in to adhere.
- Place 2 rosemary sprigs, 1 thyme sprig, 1 sage sprig, 1 oregano sprig and lemon halves inside the cavity of the turkey.
- Place cooling rack or roasting rack in bottom of large roasting pan.
- Place turkey on rack, and arrange carrots, celery and remaining herbs on bottom of pan around turkey.
- Pour 4 cups (1 carton) chicken broth and water over vegetables and herbs.
- Roast until an instant-read thermometer (inserted deep into the thigh but away from the bone) reads 165 degrees F and juices in the thigh run clear when pierced with a fork, about 2 to 2 1/2 hours, basting with pan broth every 30 minutes.
- Remove turkey from the pan and let rest for 15 minutes before carving. Strain and reserve pan juices, and discard vegetables.

- While turkey is resting, make the gravy. In a medium heavy saucepan, cook flour and butter over medium heat for 3 to 4 minutes, or until a blond roux is formed.
- Add pan juices and 4 cups (1 carton) of chicken broth; heat to boiling over high heat. Reduce the heat and let simmer until thickened and ready to serve.
- Carve turkey as desired, and serve with gravy.

## Nutrition Facts



### Properties

Glycemic Index:25.94, Glycemic Load:4.87, Inflammation Score:-9, Nutrition Score:33.08130423919%

### 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: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

### Nutrients (% of daily need)

Calories: 634.3kcal (31.72%), Fat: 33.66g (51.79%), Saturated Fat: 12.53g (78.34%), Carbohydrates: 9.18g (3.06%), Net Carbohydrates: 8.03g (2.92%), Sugar: 1.77g (1.97%), Cholesterol: 265.4mg (88.47%), Sodium: 1228.81mg (53.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 71.92g (143.85%), Vitamin B3: 25.55mg (127.73%), Selenium: 72.11µg (103.02%), Vitamin B6: 1.97mg (98.42%), Vitamin B12: 3.98µg (66.39%), Phosphorus: 616.28mg (61.63%), Vitamin A: 2312.98IU (46.26%), Vitamin B2: 0.75mg (43.91%), Zinc: 5.98mg (39.84%), Vitamin B5: 2.76mg (27.58%), Copper: 0.52mg (25.82%), Potassium: 846.85mg (24.2%), Magnesium: 89.67mg (22.42%), Iron: 3.54mg (19.68%), Vitamin B1: 0.26mg (17.5%), Manganese: 0.23mg (11.5%), Folate: 45.89µg (11.47%), Vitamin K: 10.58µg (10.08%), Vitamin E: 1.37mg (9.11%), Vitamin C: 6.06mg (7.35%), Calcium: 66.49mg (6.65%), Vitamin D: 0.97µg (6.44%), Fiber: 1.16g (4.62%)