



WHATSheATE



Cider-Basted Turkey with Roasted Apple Gravy

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



858 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup apple cider
- ☐ 2 tablespoons apple cider vinegar
- ☐ 0.3 cup butter room temperature ()
- ☐ 0.3 cup calvados (apple brandy)
- ☐ 2 tablespoons cornstarch
- ☐ 2 teaspoons rubbed sage dried
- ☐ 0.8 teaspoon ground cinnamon

- ☐ 2 cups chicken broth canned ()
- ☐ 1 large onion sliced
- ☐ 10 delicious apples cored peeled cut into quarters, 8 cut into 8 slices each
- ☐ 8 large sage
- ☐ 0.3 cup soya sauce
- ☐ 6 thyme sprigs fresh
- ☐ 15 pound turkey
- ☐ 1 cup water ()

Equipment

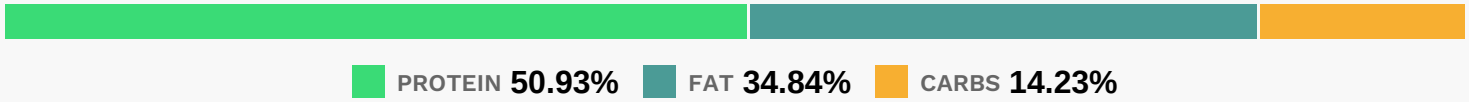
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ measuring cup
- ☐ slotted spoon

Directions

- ☐ Position rack in bottom third of oven and preheat to 325°F.
- ☐ Combine first 5 ingredients in small saucepan.
- ☐ Add 1/2 teaspoon cinnamon; bring liquid to boil. Set liquid aside.
- ☐ Mix 2 quartered apples, onion, thyme, sage leaves and 1/4 teaspoon cinnamon in large bowl.
- ☐ Rinse turkey inside and out; pat dry.
- ☐ Sprinkle main cavity with salt and pepper. Spoon apple mixture into main cavity. Tuck wing tips under turkey; tie legs together loosely.

- ☐ Place turkey in large roasting pan. Rub turkey breast and legs with butter.
- ☐ Pour half of basting liquid over turkey.
- ☐ Sprinkle with salt and pepper.
- ☐ Roast turkey 30 minutes.
- ☐ Pour remaining basting liquid over turkey. Roast 2 hours, basting frequently with pan juices and adding 1 cup (or more) water to pan if juices have evaporated.
- ☐ Add all apple slices to pan juices around turkey. Cover turkey loosely with foil to keep from browning too quickly. Continue to roast until apples are tender, turkey is deep brown and thermometer inserted into thickest part of thigh registers 175°F, basting frequently with pan juices, about 1 hour 30 minutes longer.
- ☐ Transfer turkey to platter. Tent loosely with foil; let stand 30 minutes (internal temperature of turkey will increase 5 to 10 degrees).
- ☐ Using slotted spoon, transfer apples from pan juices to bowl.
- ☐ Pour pan juices into 4-cup measuring cup. Spoon off fat and discard.
- ☐ Add enough chicken broth to pan juices to measure 4 cups.
- ☐ Transfer broth mixture to large saucepan; simmer 5 minutes.
- ☐ Add reserved apples; simmer 2 minutes.
- ☐ Mix apple cider and cornstarch in small bowl.
- ☐ Whisk into gravy. Boil until gravy thickens, about 2 minutes. Season to taste with salt and pepper.
- ☐ Discard mixture from turkey cavity.
- ☐ Serve turkey with gravy.

Nutrition Facts



Properties

Glycemic Index:26.98, Glycemic Load:7.3, Inflammation Score:-8, Nutrition Score:38.651304452316%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.44mg, Catechin: 2.44mg, Catechin: 2.44mg, Catechin: 2.44mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.98mg, Epicatechin: 13.98mg, Epicatechin: 13.98mg, Epicatechin: 13.98mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.38mg, Quercetin: 10.38mg, Quercetin: 10.38mg, Quercetin: 10.38mg

Nutrients (% of daily need)

Calories: 857.89kcal (42.89%), Fat: 32.49g (49.98%), Saturated Fat: 10.12g (63.28%), Carbohydrates: 29.85g (9.95%), Net Carbohydrates: 24.98g (9.08%), Sugar: 20.6g (22.89%), Cholesterol: 360.02mg (120.01%), Sodium: 919.95mg (40%), Alcohol: 2g (100%), Alcohol %: 0.33% (100%), Protein: 106.83g (213.66%), Vitamin B3: 37.94mg (189.72%), Vitamin B6: 3.01mg (150.34%), Selenium: 103.13µg (147.33%), Vitamin B12: 5.95µg (99.17%), Phosphorus: 933.32mg (93.33%), Zinc: 8.8mg (58.65%), Vitamin B2: 0.97mg (57.31%), Vitamin B5: 4.08mg (40.81%), Potassium: 1365.95mg (39.03%), Magnesium: 136.19mg (34.05%), Copper: 0.57mg (28.4%), Iron: 4.79mg (26.62%), Fiber: 4.87g (19.48%), Vitamin B1: 0.28mg (18.37%), Vitamin C: 10.51mg (12.74%), Manganese: 0.22mg (11.2%), Folate: 43.67µg (10.92%), Vitamin A: 541.11IU (10.82%), Vitamin D: 1.45µg (9.66%), Calcium: 77.82mg (7.78%), Vitamin E: 0.9mg (6.02%), Vitamin K: 4.85µg (4.62%)