



## Cider-Glazed Turkey

 Vegetarian

READY IN



240 min.

SERVINGS



8

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 apples cut into chunks
- ☐ 1 cup apple cider
- ☐ 8 servings butter unsalted melted
- ☐ 2 cups wine dry white
- ☐ 0.3 cup flour all-purpose
- ☐ 1 small onion quartered
- ☐ 2 tablespoons sugar
- ☐ 1 small bunch thyme leaves

- ☐ 12 pounds turkey stock for turkey stock at room temperature (excluding liver)
- ☐ 0.5 stick butter unsalted cut into tablespoons
- ☐ 1 cup water

## Equipment

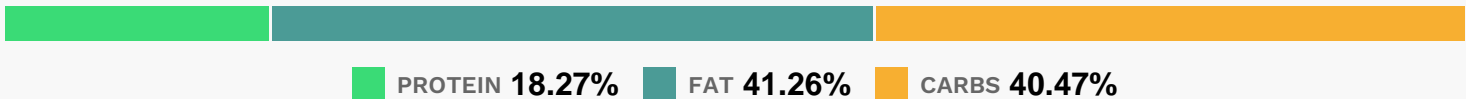
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 425°F with rack in lower third.
- ☐ Rinse turkey inside and out and pat dry. Put turkey on rack in roasting pan and season inside and out with 2 teaspoons salt and 1 teaspoon pepper. Put apple, onion, and thyme in large cavity. Fold neck skin under body, then tuck wing tips under breast and tie drumsticks together with string.
- ☐ Add water to pan and roast, without basting, 1 hour.
- ☐ Meanwhile, boil cider and sugar in a small heavy saucepan, stirring until sugar has dissolved, until reduced to about 1/4 cup, 8 to 10 minutes.
- ☐ Remove from heat and whisk in butter 1 tablespoon at a time, whisking until emulsified.
- ☐ Let glaze stand until ready to use.
- ☐ After turkey has roasted 1 hour, rotate pan 180 degrees. Roast, without basting, 40 minutes more.
- ☐ Brush turkey all over with all of glaze and continue to roast until an instant-read thermometer inserted into fleshy part of each thigh (test both; do not touch bone) registers 165 to 170°F, 5 to 15 minutes more (total roasting time: 1 3/4 to 2 hours).

- ☐ Carefully tilt turkey so juices from inside large cavity run into pan.
- ☐ Transfer turkey so juices from inside large cavity run into pan.
- ☐ Transfer turkey to a platter (reserve juices in roasting pan) and let rest, uncovered, 30 minutes (temperature of thigh meat will rise to 170 to 175&Deg;F). Discard string.
- ☐ Strain pan juices through a fine-mesh sieve into 2-quart measure and skim off fat (or use a fat separator), reserving fat.
- ☐ Straddle roasting pan across 2 burners, then add wine and deglaze pan by boiling over high heat, stirring and scraping up brown bits, 2 minutes. Strain through sieve into measuring cup containing pan juices.
- ☐ Put 1/2 cup reserved fat (if there is less, add melted butter) in a 4-quart heavy saucepan and whisk in flour.
- ☐ Cook roux over medium heat, whisking, 3 minutes.
- ☐ Add pan juices and stock in a fast stream, whisking constantly, then bring to a boil, whisking occasionally. Briskly simmer, whisking occasionally, until gravy is thickened, 10 to 15 minutes. Season with salt and pepper.
- ☐ Serve turkey with gravy.
- ☐ Josmeyer Les Folastries
- ☐ Gewürztraminer '05

## Nutrition Facts



## Properties

Glycemic Index:38.11, Glycemic Load:7.57, Inflammation Score:-7, Nutrition Score:13.162608689588%

## Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin:

0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 440.54kcal (22.03%), Fat: 18.1g (27.85%), Saturated Fat: 8.41g (52.55%), Carbohydrates: 39.96g (13.32%), Net Carbohydrates: 39g (14.18%), Sugar: 19.92g (22.13%), Cholesterol: 46.35mg (15.45%), Sodium: 980.7mg (42.64%), Alcohol: 6.18g (100%), Alcohol %: 0.92% (100%), Protein: 18.04g (36.08%), Vitamin B3: 11.19mg (55.95%), Vitamin B2: 0.63mg (37.26%), Selenium: 17.01µg (24.29%), Potassium: 835.49mg (23.87%), Vitamin B6: 0.47mg (23.73%), Phosphorus: 210.66mg (21.07%), Copper: 0.4mg (20%), Vitamin B1: 0.3mg (19.8%), Folate: 47.08µg (11.77%), Iron: 2mg (11.14%), Magnesium: 39.19mg (9.8%), Manganese: 0.16mg (7.8%), Zinc: 1.11mg (7.43%), Vitamin A: 358.36IU (7.17%), Vitamin C: 4.12mg (4.99%), Fiber: 0.96g (3.86%), Calcium: 38.17mg (3.82%), Vitamin E: 0.53mg (3.55%), Vitamin K: 3µg (2.85%), Vitamin D: 0.18µg (1.21%), Vitamin B5: 0.1mg (1.04%)