



# Cider-Roasted Turkey with Bacon-Apple Cider Gravy

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



726 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2.5 cups apple cider divided
- ☐ 2 bacon thick
- ☐ 1.3 teaspoons pepper black divided
- ☐ 2.8 cups fat-skimmed beef broth fat-free divided
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 1 small apples i use 2 granny smith apples quartered

- ☐ 2 cups pearl onions frozen thawed
- ☐ 1 teaspoon salt divided
- ☐ 2 thyme sprigs
- ☐ 11 pound turkey fresh thawed

## Equipment

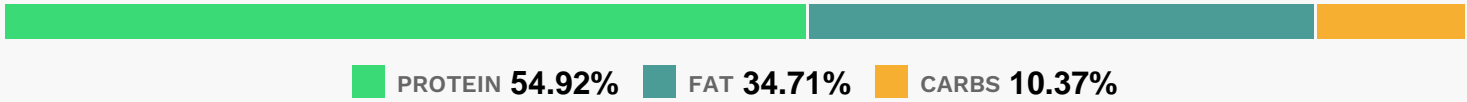
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ measuring cup
- ☐ slotted spoon

## Directions

- ☐ Remove and discard giblets and neck from turkey. Rinse turkey with cold water; pat dry. Trim excess fat.
- ☐ Place turkey in a heavy-duty, jumbo zip-top plastic bag and add 2 cups cider; seal and marinate in refrigerator overnight, turning bag occasionally.
- ☐ Preheat oven to 45
- ☐ Remove turkey from bag, reserving marinade.
- ☐ Place turkey, breast side up, in a shallow roasting pan.
- ☐ Pour reserved marinade over turkey.
- ☐ Sprinkle 1 teaspoon pepper and 1/2 teaspoon salt on skin and in body cavity. Lift wing tips up and over back; tuck under turkey.

- ☐ Place thyme sprigs and apple in body cavity. Insert meat thermometer into meaty part of thigh, making sure not to touch bone. Cover loosely with foil.
- ☐ Bake at 450 for 10 minutes. Reduce oven temperature to 325 (do not remove turkey from oven); bake an additional 45 minutes.
- ☐ Add 1 3/4 cups broth and onions to pan; return to oven immediately.
- ☐ Bake, uncovered, an additional hour or until thermometer registers 18
- ☐ Place turkey on a serving platter; cover with aluminum foil.
- ☐ Let stand at least 25 minutes. Discard skin, sprigs, and apple.
- ☐ Remove onions from pan with a slotted spoon, set aside, and keep warm.
- ☐ Place a zip-top plastic bag inside a 2-cup glass measuring cup.
- ☐ Pour turkey drippings into bag.
- ☐ Add remaining 1/2 cup cider to roasting pan; cook over medium-high heat 2 minutes, scraping pan to loosen browned bits.
- ☐ Add to turkey drippings in bag; let stand 10 minutes (fat will rise to the top). Seal bag; carefully snip off bottom corner of bag.
- ☐ Drain drippings into a bowl, stopping before fat layer reaches opening; discard fat.
- ☐ Cook bacon in a large saucepan over medium heat until crisp.
- ☐ Add flour to bacon drippings in pan; cook 1 minute. Gradually add remaining 1 cup broth and cider mixture, blending with a whisk. Stir in 1/4 teaspoon pepper and 1/2 teaspoon salt; cook over medium heat until thick (about 10 minutes), stirring frequently. Stir in onions and chopped thyme.

## Nutrition Facts



## Properties

Glycemic Index:37.09, Glycemic Load:6.36, Inflammation Score:-9, Nutrition Score:35.857825968577%

## Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 4.88mg, Epicatechin: 4.88mg, Epicatechin: 4.88mg, Epicatechin: 4.88mg

Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 13.18mg, Quercetin: 13.18mg, Quercetin: 13.18mg, Quercetin: 13.18mg

Nutrients (% of daily need)

Calories: 726.45kcal (36.32%), Fat: 27.52g (42.35%), Saturated Fat: 7.26g (45.37%), Carbohydrates: 18.51g (6.17%), Net Carbohydrates: 16.63g (6.05%), Sugar: 11.93g (13.25%), Cholesterol: 322.46mg (107.49%), Sodium: 1147.9mg (49.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 98g (196.01%), Vitamin B3: 34.72mg (173.61%), Selenium: 98.16µg (140.23%), Vitamin B6: 2.78mg (138.78%), Vitamin B12: 5.59µg (93.1%), Phosphorus: 854.94mg (85.49%), Zinc: 8.12mg (54.16%), Vitamin B2: 0.89mg (52.27%), Vitamin B5: 3.85mg (38.53%), Potassium: 1220.06mg (34.86%), Magnesium: 125.43mg (31.36%), Iron: 4.49mg (24.95%), Copper: 0.41mg (20.42%), Vitamin B1: 0.29mg (19.64%), Manganese: 0.27mg (13.62%), Folate: 47.56µg (11.89%), Vitamin C: 7.7mg (9.33%), Vitamin D: 1.35µg (9%), Calcium: 79.13mg (7.91%), Fiber: 1.89g (7.55%), Vitamin A: 317.15IU (6.34%), Vitamin E: 0.48mg (3.2%), Vitamin K: 1.16µg (1.11%)