



Citrus-Glazed Turkey with Chipotle Gravy

READY IN



45 min.

SERVINGS



16

CALORIES



879 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup all purpose flour
- ☐ 2 tablespoons butter ()
- ☐ 2 cups carrots peeled chopped
- ☐ 2 cups celery with leaves chopped
- ☐ 4 teaspoons chipotle chilies canned chopped
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 1 tablespoon ground cumin
- ☐ 0.5 cup honey
- ☐ 3 tablespoons lime zest packed grated () (from 12 limes)

- ☐ 1 cup low-salt chicken broth canned ()
- ☐ 4.5 cups onions chopped
- ☐ 3 tablespoons orange peel packed grated ()
- ☐ 1.5 cups plum tomatoes chopped
- ☐ 1 teaspoon salt
- ☐ 22 pound turkey; neck

Equipment

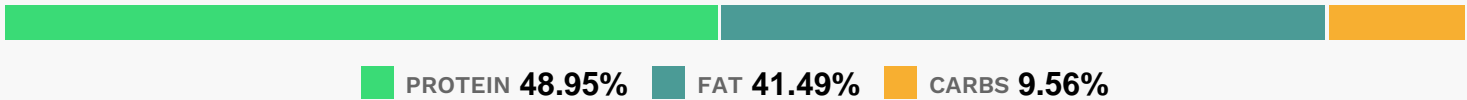
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Melt butter in heavy small saucepan over medium heat.
- ☐ Remove from heat. Stir in next 7 ingredients. Freeze until mixture begins to firm up but is still spreadable, about 30 minutes. Set aside 1/2 cup citrus glaze for gravy.
- ☐ Melt butter in large nonstick skillet over medium-high heat.
- ☐ Add onions and reserved turkey parts and sauté until onions are very deep brown, about 22 minutes.
- ☐ Add carrots, celery, and tomatoes to skillet and toss to blend. (Glaze and vegetable mixture can be made 1 day ahead. Cover separately and chill. Cover turkey and chill.)
- ☐ Set rack in bottom third of oven and preheat to 400°F.
- ☐ Place small rack in center of large roasting pan.

- ☐ Sprinkle vegetable mixture with turkey parts around rack. Rinse turkey inside and out; pat dry.
- ☐ Place turkey on rack in roasting pan. Starting at neck end, carefully slide hand between skin and breast meat to loosen skin. Rub 1/2 cup citrus glaze over breast meat under skin. If stuffing turkey, spoon stuffing loosely into neck and main cavities. Tuck wing tips under turkey; tie legs together loosely to hold shape.
- ☐ Brush 1/3 cup glaze over top and sides of turkey (not bottom); reserve any remaining glaze.
- ☐ Sprinkle turkey generously with salt and pepper. Cover turkey (not pan) loosely with foil. Roast 30 minutes. Reduce oven temperature to 350°F; add 1 cup broth to pan. Press foil snugly around turkey (not pan). Roast 1 hour 15 minutes.
- ☐ Add 1 cup broth to pan. Roast turkey until thermometer inserted into thickest part of thigh registers 175°F, adding 1 cup broth every 30 minutes, lifting foil to baste with pan juices and removing foil during last 15 minutes to brown turkey, about 3 hours 30 minutes longer if unstuffed or 4 hours 15 minutes if stuffed.
- ☐ Transfer turkey to platter. Tent with foil; let stand 30 minutes (internal temperature of turkey will increase by 5 to 10 degrees). Reserve pan juices.
- ☐ Strain pan juices into 8-cup measuring cup, pressing on solids to extract some pulp and as much liquid as possible; discard solids in strainer. Spoon fat from top of juices; discard fat.
- ☐ Add enough chicken broth to pan juices in cup to measure 6 cups.
- ☐ Stir reserved 1/2 cup citrus glaze in heavy large saucepan over medium heat until melted. Gradually add flour; whisk 1 minute. Gradually whisk in pan juices. Bring to boil, whisking until smooth. Reduce heat to medium; boil until sauce thickens slightly, about 5 minutes. Season gravy with salt and pepper.
- ☐ Brush any remaining glaze over turkey.
- ☐ Serve turkey with gravy.
- ☐ * Chipotle chilies canned in a spicy tomato sauce, sometimes called adobo, are available at Latin American markets, specialty foods stores, and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:25.19, Glycemic Load:8.5, Inflammation Score:-10, Nutrition Score:46.987826388815%

Flavonoids

Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 9.35mg, Quercetin: 9.35mg, Quercetin: 9.35mg, Quercetin: 9.35mg

Nutrients (% of daily need)

Calories: 879.04kcal (43.95%), Fat: 39.52g (60.8%), Saturated Fat: 11.27g (70.42%), Carbohydrates: 20.5g (6.83%), Net Carbohydrates: 18.03g (6.56%), Sugar: 12.69g (14.09%), Cholesterol: 721.01mg (240.34%), Sodium: 1640.59mg (71.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 104.91g (209.81%), Selenium: 180.13µg (257.33%), Vitamin B12: 10.99µg (183.24%), Vitamin B3: 31.58mg (157.92%), Zinc: 21.42mg (142.78%), Vitamin B6: 2.39mg (119.32%), Phosphorus: 1037.63mg (103.76%), Vitamin B2: 1.38mg (81.4%), Vitamin A: 3278.85IU (65.58%), Vitamin B5: 5.18mg (51.83%), Copper: 0.95mg (47.74%), Iron: 7.2mg (40.01%), Potassium: 1070.19mg (30.58%), Magnesium: 108.15mg (27.04%), Manganese: 0.53mg (26.58%), Vitamin B1: 0.4mg (26.36%), Calcium: 184.12mg (18.41%), Folate: 58.92µg (14.73%), Vitamin C: 11.04mg (13.39%), Vitamin D: 1.87µg (12.47%), Fiber: 2.47g (9.89%), Vitamin K: 7.9µg (7.53%), Vitamin E: 1.08mg (7.18%)