



Citrus-Roasted Turkey with Lemon Aioli

 Gluten Free  Dairy Free

READY IN



300 min.

SERVINGS



10

CALORIES



716 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons pepper black
- 2 rib celery chopped
- 0.5 cup olive oil extra virgin divided
- 2 teaspoons thyme leaves fresh chopped
- 1.5 teaspoons kosher salt divided
- 10 servings lemon aioli
- 6 tablespoons juice of lemon fresh divided
- 2 lemons quartered

- 2 cups chicken broth reduced-sodium
- 1 onion coarsely chopped
- 3 tablespoons orange juice fresh
- 2 small oranges quartered
- 2 tablespoons oregano fresh chopped
- 10 servings citrus-salt rub
- 10 servings kitchen string
- 14 lb turkey fresh whole

Equipment

- bowl
- frying pan
- oven
- whisk
- roasting pan
- kitchen thermometer
- aluminum foil
- kitchen twine

Directions

- Remove giblets and neck from turkey, and rinse turkey with cold water.
- Drain cavity well; pat dry. Rub 4 Tbsp. Citrus-Salt Rub into cavity. Rub skin with remaining rub. Cover and chill 18 to 24 hours.
- Preheat oven to 35
- Rinse turkey; drain cavity well, and pat dry. Toss together lemons, next 6 ingredients, 1/4 cup olive oil, 3 Tbsp. lemon juice, and 1 tsp. salt in a large bowl; spoon mixture into cavity of turkey.
- Tie ends of legs together with kitchen string; tuck wingtips under.
- Place turkey, breast side up, on a lightly greased roasting rack in a large roasting pan.

- Whisk together orange juice and remaining 3 Tbsp. lemon juice and 1/2 tsp. salt in a bowl; gradually whisk in remaining 1/4 cup oil until blended.
- Brush half of orange juice mixture over turkey.
- Bake at 350 on lowest oven rack 1 hour.
- Brush remaining orange juice mixture over turkey, and bake 45 more minutes.
- Pour 1 cup broth into pan; bake 45 minutes.
- Pour remaining 1 cup broth into pan; bake 45 more minutes or until a meat thermometer inserted into thickest portion of thigh registers 16
- Remove from oven, reserving pan juices. Cover loosely with foil; let stand 30 minutes.
- Transfer to a platter; serve with pan juices and Lemon Aoli.

Nutrition Facts

PROTEIN 56.42% **FAT 35.8%** **CARBS 7.78%**

Properties

Glycemic Index:33.25, Glycemic Load:2.9, Inflammation Score:-9, Nutrition Score:42.416956569837%

Flavonoids

Eriodictyol: 6.56mg, Eriodictyol: 6.56mg, Eriodictyol: 6.56mg, Eriodictyol: 6.56mg Hesperetin: 15.12mg, Hesperetin: 15.12mg, Hesperetin: 15.12mg, Hesperetin: 15.12mg Naringenin: 3.33mg, Naringenin: 3.33mg, Naringenin: 3.33mg, Naringenin: 3.33mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 715.64kcal (35.78%), Fat: 28.36g (43.63%), Saturated Fat: 7.11g (44.43%), Carbohydrates: 13.87g (4.62%), Net Carbohydrates: 10.09g (3.67%), Sugar: 5.86g (6.52%), Cholesterol: 324.63mg (108.21%), Sodium: 873.52mg (37.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 100.55g (201.1%), Vitamin B3: 35.7mg (178.49%), Vitamin B6: 2.88mg (143.82%), Selenium: 96.86µg (138.36%), Vitamin B12: 5.55µg (92.46%), Phosphorus: 878.2mg (87.82%), Zinc: 8.36mg (55.76%), Vitamin B2: 0.94mg (55.09%), Vitamin C: 39.84mg (48.29%), Vitamin K: 48.04µg (45.75%), Vitamin B5: 3.93mg (39.35%), Potassium: 1310.99mg (37.46%), Magnesium: 141.88mg (35.47%), Iron: 5.97mg (33.18%), Copper: 0.47mg (23.37%), Manganese: 0.45mg (22.42%), Vitamin B1: 0.31mg (20.61%), Folate: 69.49µg (17.37%), Vitamin A: 784.18IU (15.68%), Fiber: 3.78g (15.13%), Calcium: 130.18mg (13.02%), Vitamin D: 1.35µg (9.02%), Vitamin E: 1.25mg (8.34%)