



Classic Roast Turkey



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



803 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 small carrots cut into quarters lengthwise
- ☐ 2 stalks celery cut into 3-inch-long strips
- ☐ 0.5 bunch flat-leaf parsley
- ☐ 8 servings kosher salt and pepper
- ☐ 1 cup chicken broth low-sodium
- ☐ 6 tablespoons olive oil
- ☐ 3 sprigs rosemary
- ☐ 12 pound turkey

☐ 2 medium onions yellow cut into wedges

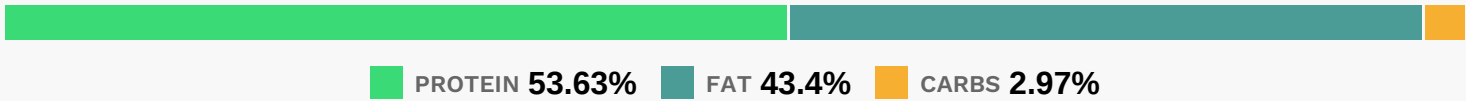
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ wire rack
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ kitchen twine

Directions

- ☐ Heat oven to 425 F. Pat the turkey dry with paper towels.
- ☐ Place the wings underneath the body.
- ☐ Place the rosemary and parsley in the cavity. If you like a tidy-looking bird, tie the drumsticks together using the kitchen string.
- ☐ Place the carrots, celery, and onions in a metal roasting pan.
- ☐ Transfer the turkey to a wire rack and place it on top of the vegetables.
- ☐ Drizzle the skin with the oil and, using your fingers, spread it on evenly. Season with 1 1/2 teaspoons salt and 1/2 teaspoon pepper. Roast the turkey uncovered until browned, 30 to 45 minutes.
- ☐ Add the broth to the pan. Cover the turkey loosely with foil. Reduce oven temperature to 350 F. Roast until a thermometer inserted in a thigh registers 165 F, about 2 hours.
- ☐ Let the turkey rest for at least 30 minutes before carving. Reserve the pan drippings and vegetables for the gravy.

Nutrition Facts



Properties

Glycemic Index:25.98, Glycemic Load:1.45, Inflammation Score:-10, Nutrition Score:43.913478312285%

Flavonoids

Apigenin: 7.97mg, Apigenin: 7.97mg, Apigenin: 7.97mg, Apigenin: 7.97mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Nutrients (% of daily need)

Calories: 802.73kcal (40.14%), Fat: 38.06g (58.56%), Saturated Fat: 8.59g (53.69%), Carbohydrates: 5.86g (1.95%), Net Carbohydrates: 4.4g (1.6%), Sugar: 2.84g (3.16%), Cholesterol: 347.81mg (115.94%), Sodium: 772.26mg (33.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 105.84g (211.68%), Vitamin B3: 37.62mg (188.12%), Vitamin B6: 2.98mg (148.77%), Selenium: 103.1µg (147.29%), Vitamin B12: 5.92µg (98.72%), Vitamin A: 4793.75IU (95.88%), Phosphorus: 914.1mg (91.41%), Vitamin K: 71.09µg (67.7%), Zinc: 8.79mg (58.59%), Vitamin B2: 0.93mg (54.93%), Vitamin B5: 4.06mg (40.59%), Potassium: 1273.85mg (36.4%), Magnesium: 129.78mg (32.45%), Iron: 4.66mg (25.9%), Copper: 0.42mg (20.91%), Vitamin B1: 0.27mg (17.76%), Vitamin E: 2.17mg (14.47%), Folate: 52.92µg (13.23%), Vitamin C: 8.58mg (10.4%), Vitamin D: 1.45µg (9.66%), Calcium: 78.51mg (7.85%), Manganese: 0.15mg (7.32%), Fiber: 1.46g (5.84%)