



## Classic Roast Turkey

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



94

CALORIES



163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 94 servings gravy traditional
- 94 servings olive oil melted
- 1 turkey

## Equipment

- frying pan
- oven
- baking pan
- roasting pan

- kitchen thermometer
- microwave

## Directions

- Remove and discard leg truss from turkey. Pull off and discard any lumps of fat.
- Remove giblets and neck (they're often packed in the neck or body cavity) and save for gravy. Rinse turkey inside and out; pat dry. Rub turkey all over with butter.
- Place turkey, breast up, on a V-shaped rack in a 12- by 17-inch roasting pan, or one that is at least 2 in. longer and wider than the bird. Insert a meat thermometer through thickest part of breast to the bone. (If using an instant-read thermometer, insert when checking temperature later.)
- Roast in a 325 or 350 (depending on size of bird; see below) oven until thermometer registers 16
- If turkey is unstuffed, tip slightly to drain juices from body cavity into pan.
- Transfer turkey to a platter.
- Let stand in a warm place, uncovered, for 15 to 30 minutes, then carve. If thigh joints are still pink (common in an oven-roasted bird), cut drumsticks from thighs, place thighs in a baking pan, and bake in a 450 oven until no longer pink, 10 to 15 minutes; or put on a microwave-safe plate and cook in a microwave oven at full power (100%) for 1 to 3 minutes.
- Oven-roasted turkey: temperatures and times
- Bake in a 350 oven for 1 1/2-2 1/4 hr.
- Bake in a 325 oven for 2-3 hr.
- Bake in a 325 oven for 3-3 3/4 hr.
- Bake in a 325 oven for 3 1/2-4 1/2 hr.
- Times are for unstuffed birds. A stuffed bird may cook at the same rate as an unstuffed one; however, be prepared to allow 30 to 50 minutes longer. While turkeys take about the same time to roast in regular and convection heat, a convection oven does a better job of browning the bird all over.

## Nutrition Facts

   **PROTEIN 14.5%**  **FAT 85.38%**  **CARBS 0.12%**

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.3321739461111%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

## Nutrients (% of daily need)

Calories: 162.82kcal (8.14%), Fat: 15.56g (23.94%), Saturated Fat: 2.34g (14.63%), Carbohydrates: 0.05g (0.02%), Net Carbohydrates: 0.05g (0.02%), Sugar: 0.03g (0.04%), Cholesterol: 19.81mg (6.6%), Sodium: 35.55mg (1.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.95g (11.89%), Vitamin E: 2.04mg (13.6%), Vitamin B3: 2.09mg (10.46%), Selenium: 5.84µg (8.34%), Vitamin B6: 0.16mg (8.21%), Vitamin K: 8.43µg (8.03%), Vitamin B12: 0.33µg (5.57%), Phosphorus: 50.15mg (5.01%), Zinc: 0.49mg (3.25%), Vitamin B2: 0.05mg (2.98%), Vitamin B5: 0.22mg (2.22%), Potassium: 61.52mg (1.76%), Iron: 0.31mg (1.74%), Magnesium: 6.85mg (1.71%), Copper: 0.02mg (1.06%)