



Classic Roast Turkey and Gravy

READY IN



45 min.

SERVINGS



10

CALORIES



652 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 1 leaves garnishes: bay lady apples
- ☐ 0.5 cup butter softened
- ☐ 2 rib celery with leaves
- ☐ 0.5 cup flour all-purpose
- ☐ 1 small onion quartered
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 10 servings salt and pepper

- ☐ 10 servings salt and pepper to taste
- ☐ 12 pound turkey

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ stove

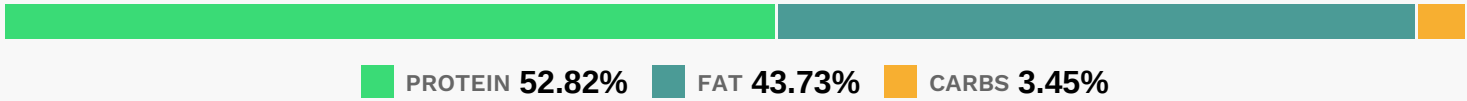
Directions

- ☐ Remove giblets and neck from turkey; place in a large saucepan, adding bay leaf, 1 celery rib, and half the onion.
- ☐ Add 6 cups water. Bring to a boil; reduce heat, and simmer, uncovered, 1 hour.
- ☐ Pour through a strainer. (You should yield 3 cups; add water if necessary to measure 3 cups.) Set aside.
- ☐ Rinse turkey with cold water.
- ☐ Drain; pat dry.
- ☐ Sprinkle body cavity with salt and pepper; place remaining celery rib and onion inside cavity. Close cavity; tie ends of legs together with heavy string. Tuck wingtips under bird.
- ☐ Place turkey in a lightly greased roasting pan, breast side up. Rub turkey all over with 2 tablespoons softened butter; sprinkle with 1 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Roast, uncovered, at 325 until a meat thermometer reaches 180 in the thigh (about 3 hours), basting after 1 and 2 hours with remaining softened butter; turn turkey halfway through roasting. Baste frequently during last 45 minutes of cooking.
- ☐ Add 1 cup reserved turkey broth to roasting pan during last half hour of roasting. If turkey starts to brown too much, cover loosely with aluminum foil.

- ☐
- Let turkey rest in pan 5 minutes; carefully remove to a serving platter or carving board. Cover with foil, and let rest up to 45 minutes.

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Nutrition Facts



Properties

Glycemic Index:24.8, Glycemic Load:3.62, Inflammation Score:-6, Nutrition Score:31.32869586219%

Flavonoids

Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 652.2kcal (32.61%), Fat: 31.07g (47.81%), Saturated Fat: 11.49g (71.84%), Carbohydrates: 5.52g (1.84%), Net Carbohydrates: 5.2g (1.89%), Sugar: 0.57g (0.63%), Cholesterol: 302.65mg (100.88%), Sodium: 1126.53mg (48.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 84.46g (168.92%), Vitamin B3: 29.87mg (149.37%), Selenium: 84.59µg (120.84%), Vitamin B6: 2.33mg (116.35%), Vitamin B12: 4.73µg (78.9%), Phosphorus: 718.96mg (71.9%), Zinc: 6.95mg (46.32%), Vitamin B2: 0.75mg (44.23%), Vitamin B5: 3.18mg (31.85%), Potassium: 887.44mg (25.36%), Magnesium: 99.14mg (24.79%), Iron: 3.65mg (20.28%), Vitamin B1: 0.24mg (15.9%), Copper: 0.31mg (15.56%), Folate: 40.27µg (10.07%), Vitamin A: 502.31IU (10.05%), Vitamin D: 1.16µg (7.73%), Manganese: 0.11mg (5.67%), Calcium: 48.78mg (4.88%), Vitamin E: 0.62mg (4.12%), Fiber: 0.32g (1.29%), Vitamin K: 1.07µg (1.01%)