



Classic Turkey in 5

 Gluten Free

READY IN



260 min.

SERVINGS



10

CALORIES



826 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 stick butter
- ☐ 2 lemons halved
- ☐ 2 large onions spanish peeled quartered
- ☐ 4 sprigs rosemary plus more for garnish
- ☐ 10 servings salt and pepper black freshly ground
- ☐ 16 pound turkey
- ☐ 4 cups water

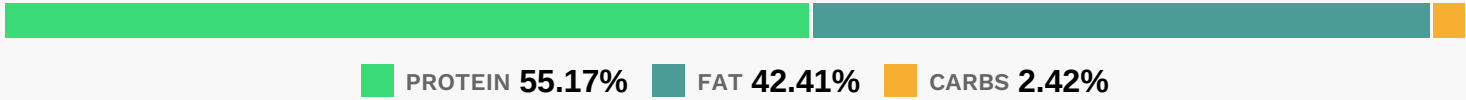
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 325 degrees F.
- ☐ Remove the turkey giblets from the cavity and rinse the turkey well. Pat dry and put it on a roasting rack in a roasting pan. Salt the turkey cavity and squeeze the juice of the lemons inside the cavity. Stuff the cavity with the lemon halves, rosemary and 2 onion quarters.
- ☐ Add the remaining onion, all of the giblets and turkey parts, and 4 cups water to the bottom of the roasting pan. Season the skin of the turkey with salt and pepper, to taste, and rub with butter.
- ☐ Put the turkey in the oven and roast until the temperature of the breast reaches 170 degrees F on an instant-read thermometer, 3 1/2 to 4 hours. Baste the turkey with pan juices every 30 minutes. Cover with foil if browning too fast.
- ☐ Remove the turkey to a cutting board when ready and allow it to rest for 20 to 30 minutes before carving. Arrange the carved turkey on a serving platter and gobble it up!

Nutrition Facts



Properties

Glycemic Index:20.45, Glycemic Load:1, Inflammation Score:-7, Nutrition Score:37.640435011491%

Flavonoids

Eriodictyol: 4.61mg, Eriodictyol: 4.61mg, Eriodictyol: 4.61mg, Eriodictyol: 4.61mg Hesperetin: 6.03mg, Hesperetin: 6.03mg, Hesperetin: 6.03mg, Hesperetin: 6.03mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 1.5mg,

Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg

Nutrients (% of daily need)

Calories: 826.21kcal (41.31%), Fat: 38.33g (58.97%), Saturated Fat: 13.36g (83.51%), Carbohydrates: 4.91g (1.64%), Net Carbohydrates: 3.75g (1.37%), Sugar: 2.13g (2.37%), Cholesterol: 395.3mg (131.77%), Sodium: 656.18mg (28.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 112.18g (224.37%), Vitamin B3: 39.38mg (196.92%), Selenium: 110.11µg (157.3%), Vitamin B6: 3.14mg (157.06%), Vitamin B12: 6.31µg (105.09%), Phosphorus: 958.02mg (95.8%), Zinc: 9.26mg (61.72%), Vitamin B2: 0.97mg (57.05%), Vitamin B5: 4.27mg (42.71%), Potassium: 1232.26mg (35.21%), Magnesium: 134.98mg (33.74%), Iron: 4.65mg (25.82%), Copper: 0.43mg (21.66%), Vitamin B1: 0.27mg (18.04%), Vitamin C: 13.69mg (16.6%), Vitamin A: 578.09IU (11.56%), Folate: 44.62µg (11.16%), Vitamin D: 1.55µg (10.31%), Calcium: 75.7mg (7.57%), Manganese: 0.12mg (6.03%), Vitamin E: 0.77mg (5.1%), Fiber: 1.16g (4.63%), Vitamin K: 1.07µg (1.02%)