Cola Roast Turkey

Gluten Free · Low Fod Map

READY IN	SERVINGS	CALORIES
265 min.	18	459 kcal

LUNCH · MAIN COURSE · MAIN DISH · DINNER

Ingredients

- [ ] 0.5 cup butter softened
- [ ] 2 cups cola-flavored carbonated beverage coke® (such as)
- [ ] 18 servings salt and ground pepper black to taste
- [ ] 16 pound turkey - whole thawed

Equipment

- [ ] paper towels
- [ ] oven
- [ ] roasting pan

- [ ] kitchen thermometer
- [ ] aluminum foil

Directions

- [ ] Preheat oven to 325 degrees F (165 degrees C).
- [ ] Wash the turkey well, and pat dry with paper towels. Use your hands to slather the whole turkey, front and back, with butter. Make sure to butter the wing tips and leg ends.
- [ ] Place the turkey into a roasting pan, and pour the cola over the turkey.
- [ ] Sprinkle the whole turkey with salt and black pepper.
- [ ] Roast the turkey for 4 to 5 hours, checking for doneness after 4 hours. Baste the turkey every 30 minutes with the turkey drippings. If the breast skin browns too quickly, cover it with aluminum foil. An instant-read thermometer inserted into the thickest part of the thigh, near the bone should read 180 degrees F (82 degrees C).
- [ ] Remove the turkey from the oven, cover with a doubled sheet of aluminum foil, and allow to rest in a warm area 10 to 15 minutes before slicing.

Nutrition Facts

PROTEIN **55.16%** FAT **42.55%** CARBS **2.29%**

Properties

Glycemic Index:8.06, Glycemic Load:1.59, Inflammation Score:-4, Nutrition Score:24.771739023211%

Nutrients (% of daily need)

Calories: 458.8kcal (22.94%), Fat: 21.27g (32.72%), Saturated Fat: 7.42g (46.41%), Carbohydrates: 2.57g (0.86%), Net Carbohydrates: 2.55g (0.93%), Sugar: 2.53g (2.81%), Cholesterol: 219.67mg (73.22%), Sodium: 362.23mg (15.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.03g (124.06%), Vitamin B3: 21.85mg (109.24%), Selenium: 61.07µg (87.24%), Vitamin B6: 1.72mg (85.76%), Vitamin B12: 3.5µg (58.39%), Phosphorus: 528.16mg (52.82%), Zinc: 5.11mg (34.05%), Vitamin B2: 0.53mg (31.29%), Vitamin B5: 2.33mg (23.3%), Potassium: 644.61mg (18.42%), Magnesium: 71.86mg (17.97%), Iron: 2.5mg (13.9%), Copper: 0.22mg (11.1%), Vitamin B1: 0.14mg (9.19%), Vitamin A: 318.43IU (6.37%), Vitamin D: 0.86µg (5.73%), Folate: 20.24µg (5.06%), Calcium: 33.97mg (3.4%), Vitamin E: 0.41mg (2.7%), Manganese: 0.05mg (2.38%)