



 **79%**  
HEALTH SCORE

## Cook the Book: Turkey with Stuffing

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



2171 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup celery chopped
- 3 cups egg bread loaf - crusts cut into 1/2-inch cubes
- 1 quart chicken broth
- 4 ounces cherries dried
- 2 teaspoons parsley dried
- 2 teaspoons rubbed sage dried
- 2 large eggs beaten
- 1 cup bell pepper green chopped

- 1 tablespoon kosher salt for the turkey
- 2 ounces mushrooms dried
- 1 cup onion chopped
- 2 ounces pecans chopped
- 1 teaspoon pepper black freshly ground for the turkey
- 12 pound turkey
- 1 tablespoon vegetable oil for the turkey

## Equipment

- bowl
- frying pan
- oven
- mixing bowl
- sieve
- roasting pan
- microwave
- colander
- cutting board
- funnel

## Directions

- Heat the oven to 400°F.
- Put the turkey in a deep bowl with the stuffing end up. Set aside.
- Heat the chicken broth in an electric kettle (or in the microwave in a microwave-safe vessel).
- Put the mushrooms in a heatproof bowl and pour the broth over them. Cover and set aside for 35 minutes.
- Toss the onion, celery, and bell pepper with the oil and salt in a large mixing bowl.
- Spread the vegetables on a half sheet pan and roast for 35 minutes. During the last 10 minutes of cooking, spread the bread cubes over the vegetables, return to the oven, and

continue cooking.

- Drain the mushrooms in a colander or sieve, reserving 1 cup of liquid. Chop the mushrooms and put them in a large microwave-safe bowl with the vegetables and bread, reserved soaking liquid, cherries, pecans, eggs, sage, parsley, and black pepper. Stir well to break up the pieces of bread. Use your hands to combine, if necessary. Fill the produce bag, if using, with the stuffing (a flexible cutting board folded into a funnel shape is best for this).
- Heat the stuffing in the microwave on high for 6 minutes.
- While the stuffing is heating, rub the bird with oil and season with salt and pepper. Working quickly, place the stuffing in the cavity of the turkey to avoid losing heat (again, a flexible cutting board is best for this).
- Place the turkey on a rack in a roasting pan and season with salt and pepper. Roast on the middle rack of the oven for 45 minutes. Reduce the oven temperature to 350°F and cook for another 60 to 75 minutes, until the bird and the stuffing both reach an internal temperature of 170°F.
- Remove the stuffing if using the bag.
- Let the bird rest for 15 to 20 minutes before carving.
- Serve immediately.

## Nutrition Facts

 **PROTEIN 43.97%**  **FAT 34.4%**  **CARBS 21.63%**

## Properties

Glycemic Index:35.75, Glycemic Load:1.27, Inflammation Score:-10, Nutrition Score:69.503912842792%

## Flavonoids

Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg Delphinidin: 1.03mg, Delphinidin: 1.03mg, Delphinidin: 1.03mg, Delphinidin: 1.03mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Apigenin: 2.98mg, Apigenin: 2.98mg, Apigenin: 2.98mg, Apigenin: 2.98mg Luteolin: 2.04mg, Luteolin: 2.04mg, Luteolin: 2.04mg, Luteolin: 2.04mg Isorhamnetin: 2.17mg, Isorhamnetin: 2.17mg, Isorhamnetin: 2.17mg, Isorhamnetin: 2.17mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.04mg, Quercetin: 9.04mg, Quercetin: 9.04mg, Quercetin: 9.04mg

## Nutrients (% of daily need)

Calories: 2171.29kcal (108.56%), Fat: 81.84g (125.9%), Saturated Fat: 19.21g (120.07%), Carbohydrates: 115.74g (38.58%), Net Carbohydrates: 105.61g (38.4%), Sugar: 23.3g (25.89%), Cholesterol: 883.86mg (294.62%), Sodium: 4442.21mg (193.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 235.34g (470.68%), Vitamin B3: 83.87mg (419.33%), Selenium: 270.02µg (385.74%), Vitamin B6: 6.14mg (307.06%), Phosphorus: 2092.73mg (209.27%), Vitamin B12: 12.24µg (204%), Vitamin B2: 2.93mg (172.24%), Zinc: 19.97mg (133.12%), Manganese: 1.96mg (98.06%), Vitamin B1: 1.45mg (96.77%), Vitamin B5: 9.23mg (92.31%), Iron: 15.55mg (86.36%), Potassium: 2746.63mg (78.48%), Magnesium: 310.86mg (77.72%), Folate: 291.95µg (72.99%), Copper: 1.36mg (67.89%), Vitamin A: 2328.18IU (46.56%), Vitamin C: 34.22mg (41.48%), Fiber: 10.13g (40.51%), Calcium: 358.34mg (35.83%), Vitamin D: 4.14µg (27.58%), Vitamin K: 21.09µg (20.09%), Vitamin E: 2.39mg (15.96%)