



## Cooking Light's Ultimate Roasted Turkey

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.8 cup apple cider
- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon butter
- ☐ 1 tablespoon cornstarch
- ☐ 5 tablespoons corn syrup dark divided
- ☐ 1 tablespoon rubbed sage dried
- ☐ 14.5 ounce fat-skimmed beef broth fat-free canned
- ☐ 4 garlic clove divided sliced

- ☐ 2 onion divided quartered
- ☐ 1 tablespoon poultry seasoning
- ☐ 2 delicious apples divided cored quartered
- ☐ 1 teaspoon salt
- ☐ 12 pound turkey fresh thawed

## Equipment

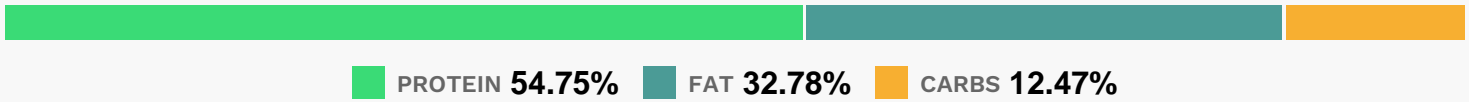
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ stove
- ☐ ziploc bags
- ☐ colander

## Directions

- ☐ Preheat oven to 37
- ☐ Combine the cider and 4 tablespoons corn syrup in a small saucepan; bring to a boil.
- ☐ Remove from heat; set aside.
- ☐ Remove and reserve giblets and neck from turkey. Rinse turkey with cold water; pat dry. Trim excess fat. Lift the wing tips up and over back; tuck under turkey.
- ☐ Combine poultry seasoning, sage, salt, and pepper. Rub seasoning mixture into skin and body cavity.
- ☐ Place half of the garlic, onion quarters, and apple quarters into the body cavity.

- ☐ Place turkey, breast side up, in a shallow roasting pan coated with cooking spray. Arrange remaining garlic, onion, and apple around turkey in pan. Insert a meat thermometer into meaty part of thigh, making sure not to touch bone.
- ☐ Bake at 375 for 45 minutes. Baste turkey with cider syrup, and cover with foil.
- ☐ Bake at 375 an additional 2 hours and 15 minutes or until meat thermometer registers 180, basting with cider syrup 4 times at regular intervals.
- ☐ Let stand for 10 minutes. Discard skin.
- ☐ Remove turkey from pan, reserving drippings for sauce.
- ☐ Place turkey on a platter; keep warm.
- ☐ Strain drippings through a colander into a bowl; discard solids.
- ☐ Place a zip-top plastic bag inside a 2-cup glass measure.
- ☐ Pour drippings into bag;let stand 10 minutes (fat will rise to the top). Seal bag; carefully snip off 1 bottom corner of bag.
- ☐ Drain the drippings into a bowl, stopping before fat layer reaches opening; discard fat.
- ☐ While turkey bakes, melt the butter in a medium saucepan over medium-high heat.
- ☐ Add the reserved giblets and neck; saute for 2 minutes on each side or until browned.
- ☐ Add broth, and bring to a boil. Cover, reduce heat, and simmer 45 minutes. Strain mixture through a colander into a bowl, discarding solids. Reserve 1/4 cup broth mixture.
- ☐ Combine the drippings and the remaining broth mixture in roasting pan on stovetop over medium heat, scraping the pan to loosen browned bits.
- ☐ Combine 1/4 cup reserved broth mixture and cornstarch; add to the roasting pan.
- ☐ Add 1 tablespoon corn syrup, stirring with a whisk. Bring to a boil; cook 1 minutes.
- ☐ Serve gravy with turkey (gravy will be dark and thin).

## Nutrition Facts



## Properties

Glycemic Index:25.15, Glycemic Load:8.65, Inflammation Score:-5, Nutrition Score:28.973913265311%

## Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.98mg, Epicatechin: 2.98mg, Epicatechin: 2.98mg, Epicatechin: 2.98mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg

Nutrients (% of daily need)

Calories: 520.24kcal (26.01%), Fat: 18.7g (28.77%), Saturated Fat: 4.96g (31.02%), Carbohydrates: 16.01g (5.34%), Net Carbohydrates: 14.8g (5.38%), Sugar: 12.73g (14.15%), Cholesterol: 232.77mg (77.59%), Sodium: 713.45mg (31.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 70.29g (140.59%), Vitamin B3: 24.86mg (124.28%), Selenium: 69.92µg (99.89%), Vitamin B6: 1.99mg (99.66%), Vitamin B12: 4µg (66.64%), Phosphorus: 606.32mg (60.63%), Zinc: 5.82mg (38.81%), Vitamin B2: 0.62mg (36.57%), Vitamin B5: 2.71mg (27.1%), Potassium: 818.61mg (23.39%), Magnesium: 87.49mg (21.87%), Iron: 3.13mg (17.41%), Copper: 0.28mg (14.23%), Vitamin B1: 0.18mg (11.93%), Manganese: 0.15mg (7.39%), Folate: 28.25µg (7.06%), Vitamin D: 0.97µg (6.44%), Vitamin K: 6.4µg (6.09%), Calcium: 53.96mg (5.4%), Fiber: 1.21g (4.85%), Vitamin A: 226.58IU (4.53%), Vitamin C: 3.29mg (3.99%), Vitamin E: 0.38mg (2.52%)