



Countdown Classic Roasted Turkey

 Gluten Free

READY IN



290 min.

SERVINGS



10

CALORIES



824 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 servings pepper black freshly ground
- ☐ 1 stick butter at room temperature
- ☐ 6 sprigs rosemary fresh
- ☐ 6 sprigs sage fresh
- ☐ 6 sprigs thyme leaves fresh
- ☐ 2 lemons halved
- ☐ 2 onions spanish peeled halved
- ☐ 10 servings salt

☐ 16 pound turkey

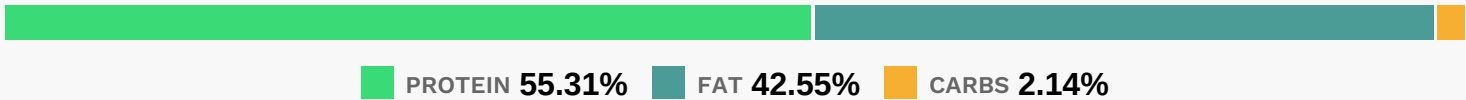
Equipment

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

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 325 degrees F. Once preheated, place the oven thermometer in the oven to make sure your oven is reading an accurate temperature and adjust accordingly.
- ☐ Remove the turkey innards and rinse the turkey well. Pat dry and place on a roasting rack set in a roasting pan. Salt the turkey cavity and squeeze the lemons inside the cavity. Stuff with the lemon rinds, herbs, and 2 onion halves.
- ☐ Add the remaining onion halves, all giblets and turkey parts, and 4 cups water to the bottom of the roasting pan. Rub the skin of the turkey with the butter and season with salt and pepper.
- ☐ Place the turkey in the oven and cook until the internal temperature of the breast reaches 165 degrees F on a meat thermometer, 3 1/2 to 4 hours, basting with pan juices every 30 minutes. Cover the turkey with foil if the browning gets too dark.
- ☐ Remove the turkey when done and allow to rest 20 to 30 minutes before carving.

Nutrition Facts



Properties

Glycemic Index:17.95, Glycemic Load:0.86, Inflammation Score:-8, Nutrition Score:39.277391091637%

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: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg

Nutrients (% of daily need)

Calories: 823.92kcal (41.2%), Fat: 38.34g (58.99%), Saturated Fat: 13.37g (83.54%), Carbohydrates: 4.34g (1.45%), Net Carbohydrates: 3.23g (1.17%), Sugar: 1.79g (1.99%), Cholesterol: 395.3mg (131.77%), Sodium: 844.98mg (36.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 112.14g (224.28%), Vitamin B3: 39.39mg (196.93%), Selenium: 110.07µg (157.24%), Vitamin B6: 3.13mg (156.66%), Vitamin B12: 6.31µg (105.09%), Phosphorus: 956.44mg (95.64%), Zinc: 9.25mg (61.67%), Copper: 1.16mg (57.82%), Vitamin B2: 0.97mg (57.1%), Vitamin B5: 4.26mg (42.64%), Potassium: 1225.33mg (35.01%), Magnesium: 134.58mg (33.64%), Iron: 4.76mg (26.43%), Vitamin B1: 0.27mg (17.85%), Vitamin C: 14.05mg (17.03%), Vitamin A: 606.94IU (12.14%), Folate: 43.32µg (10.83%), Vitamin D: 1.55µg (10.31%), Calcium: 74.85mg (7.48%), Manganese: 0.15mg (7.25%), Vitamin E: 0.76mg (5.09%), Fiber: 1.11g (4.46%)