



## Cranberry-Orange Glazed Turkey

 Gluten Free  Low Fod Map

READY IN



215 min.

SERVINGS



6

CALORIES



1005 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.1 teaspoon pepper black freshly ground
- 0.8 teaspoon pepper black freshly ground
- 1 tablespoon butter
- 0.5 cup cranberry juice cocktail concentrate frozen thawed
- 1.3 teaspoons rosemary fresh chopped
- 0.3 teaspoon kosher salt
- 1.5 teaspoons kosher salt
- 1 cup chicken broth low-sodium

- 2 tablespoons olive oil extra-virgin
- 0.5 cup orange juice concentrate frozen thawed
- 0.3 cup orange marmalade
- 1 sprigs herb orange wedges and cranberries fresh whole assorted for garnish
- 11 pound turkey cut into 6 pieces

## Equipment

- frying pan
- baking sheet
- paper towels
- sauce pan
- oven
- whisk
- kitchen thermometer
- aluminum foil
- measuring cup

## Directions

- Watch how to make this recipe.
- Special equipment: instant-read thermometer
- Position an oven rack in the bottom third of the oven. Preheat the oven to 400 degrees F.
- Rinse the turkey pieces and pat very dry with paper towels.
- Brush the turkey all over with oil, and sprinkle with salt and pepper. Arrange the turkey, skin-side up, on a baking sheet with the thick end of the breasts and thighs at the corners, the drumsticks in the center. Roast for 1 hour and 10 minutes.
- Remove the turkey from the oven and brush with the Cranberry Orange Glaze.
- Pour the broth onto the baking sheet to prevent drippings from burning and roast the turkey, covering loosely with foil if browning too quickly, until an instant-read thermometer registers 165 degrees F to 170 degrees F in thickest part of the thigh (do not let the thermometer touch bone), 20 minutes.

- Transfer the turkey to a platter.
- Brush generously with more glaze and let rest 25 to 30 minutes.
- Meanwhile, scrape all the pan juices and browned bits from the baking sheet into a large measuring cup. Spoon off and discard the fat that rises to the surface.
- Heat the pan juices in a heavy medium saucepan over medium-high heat.
- Whisk 2 to 3 tablespoons of the glaze into the pan juices (or more if desired) to make the gravy and bring to a simmer for the flavors to blend.
- Slice the turkey and arrange on the platter.
- Garnish with herb sprigs, oranges wedges and cranberries, and serve with gravy.
- In a small saucepan, bring the cranberry juice, orange juice, marmalade and rosemary to a boil over medium-high heat. Boil until the glaze thickens enough to coat a spoon, whisking often, 15 minutes.
- Remove from the heat.
- Whisk in the butter, then season the glaze with salt and pepper.

## Nutrition Facts

**PROTEIN 52.2%** **FAT 36.5%** **CARBS 11.3%**

### Properties

Glycemic Index:26.08, Glycemic Load:0.04, Inflammation Score:-7, Nutrition Score:42.268695613612%

### Flavonoids

Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

### Nutrients (% of daily need)

Calories: 1004.97kcal (50.25%), Fat: 40.17g (61.79%), Saturated Fat: 10.56g (65.99%), Carbohydrates: 27.97g (9.32%), Net Carbohydrates: 27.52g (10.01%), Sugar: 23.81g (26.46%), Cholesterol: 430.12mg (143.37%), Sodium: 1376.41mg (59.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 129.23g (258.45%), Vitamin B3: 45.87mg (229.36%), Vitamin B6: 3.62mg (180.77%), Selenium: 125.98µg (179.97%), Vitamin B12: 7.25µg (120.77%), Phosphorus: 1109.29mg (110.93%), Zinc: 10.61mg (70.76%), Vitamin B2: 1.16mg (68.03%), Vitamin C: 44.06mg (53.4%), Vitamin B5: 5.03mg (50.26%), Potassium: 1524.88mg (43.57%), Magnesium: 158.13mg (39.53%), Iron: 5.38mg (29.89%), Copper: 0.51mg (25.46%), Vitamin B1: 0.35mg (23.62%), Folate: 60.95µg (15.24%), Vitamin D: 1.77µg (11.81%), Vitamin A: 496.18IU (9.92%), Vitamin E: 1.41mg (9.41%), Calcium: 85.19mg (8.52%), Manganese:

0.15mg (7.58%), Vitamin K: 3.54µg (3.38%), Fiber: 0.45g (1.8%)