



Cranberry-Orange Glazed Turkey

 **Gluten Free**  **Low Fod Map**

READY IN



215 min.

SERVINGS



6

CALORIES



1049 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
- 6 servings cranberries whole for garnish
- 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
- 6 servings orange wedges for garnish
- 0.5 cup orange juice concentrate frozen thawed
- 0.3 cup orange marmalade
- 6 servings herb sprigs fresh assorted for garnish
- 11 pound turkey cut into 6 pieces

Equipment

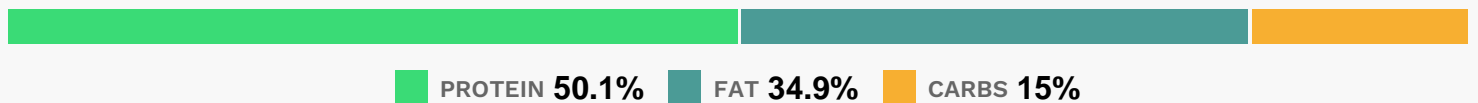
- frying pan
- baking sheet
- paper towels
- sauce pan
- oven
- whisk
- kitchen thermometer
- aluminum foil
- measuring cup

Directions

- 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 the oil, and then sprinkle with the salt and pepper. Arrange the turkey pieces, skin-side up, on a baking sheet with the thick end of breasts and thighs at the corners and 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 the drippings from burning and roast the turkey 20 more minutes, covering loosely with foil if browning too quickly, until an instant-read thermometer registers 165 degrees F to 170 degrees F in the thickest part of the thigh (do not let the thermometer touch the bone).

- 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. In a heavy, medium saucepan, heat the degreased pan juices over medium-high heat.
- Whisk 2 to 3 tablespoonfuls 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 the herb sprigs, oranges wedges and cranberries.
- Serve the turkey with the gravy.
- In a small saucepan, bring the juices, marmalade and rosemary to a boil over medium-high heat. Boil until the glaze thickens enough to coat a spoon, whisking often, about 15 minutes.
- Remove from the heat.
- Whisk in the butter, and then season the glaze with the salt and pepper.

Nutrition Facts



Properties

Glycemic Index:41.08, Glycemic Load:3.72, Inflammation Score:-9, Nutrition Score:46.484782882359%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 1048.66kcal (52.43%), Fat: 40.29g (61.99%), Saturated Fat: 10.58g (66.1%), Carbohydrates: 38.94g (12.98%), Net Carbohydrates: 36.16g (13.15%), Sugar: 32.25g (35.84%), Cholesterol: 430.12mg (143.37%), Sodium: 1376.52mg (59.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 130.13g (260.26%), Vitamin B3: 46.14mg (230.72%), Vitamin B6: 3.67mg (183.67%), Selenium: 126.43µg (180.61%), Vitamin B12: 7.25µg (120.77%), Vitamin C: 93.59mg (113.44%), Phosphorus: 1123.04mg (112.3%), Zinc: 10.7mg (71.3%), Vitamin B2: 1.2mg (70.43%), Vitamin B5: 5.26mg (52.58%), Potassium: 1694.37mg (48.41%), Magnesium: 168.78mg (42.19%), Iron: 5.65mg (31.37%), Vitamin B1: 0.43mg (28.87%), Copper: 0.56mg (27.78%), Folate: 88.36µg (22.09%), Vitamin A: 746.41IU (14.93%), Calcium: 125.26mg (12.53%), Vitamin D: 1.77µg (11.81%), Fiber: 2.78g (11.13%), Vitamin E: 1.59mg (10.57%), Manganese: 0.19mg (9.74%), Vitamin K: 3.59µg (3.42%)