



Cranberry-Orange Glazed Turkey



Gluten Free



Dairy Free

READY IN



220 min.

SERVINGS



12

CALORIES



555 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 2 tablespoons orange zest grated
- ☐ 0.7 cup orange juice
- ☐ 14 oz roasted cranberry sauce whole canned
- ☐ 12 lb turkey whole frozen thawed
- ☐ 2 tablespoons butter melted
- ☐ 2 teaspoons kosher salt (coarse)
- ☐ 2 teaspoons pepper black

☐ 1 sprigs kumquats fresh

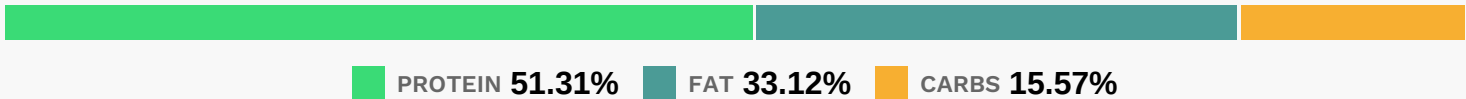
Equipment

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

Directions

- ☐ Heat oven to 350°F. In 1-quart saucepan, heat brown sugar, orange peel, orange juice and cranberry sauce to boiling. Reduce heat to low; simmer 10 minutes, stirring occasionally, until thickened. Cool completely. Set aside 1/2 cup cranberry mixture for basting; refrigerate remaining cranberry mixture for serving.
- ☐ Fold wings across back of turkey so tips are touching. Tie legs together with heavy string. On rack in shallow roasting pan, place turkey, breast side up.
- ☐ Brush butter over turkey.
- ☐ Sprinkle with salt and pepper. Insert ovenproof meat thermometer so tip is in thickest part of inside thigh and does not touch bone.
- ☐ Roast uncovered 2 hours 30 minutes to 3 hours, basting with 1/2 cup cranberry mixture after 2 hours. Turkey is done when thermometer reads at least 165°F and legs move easily when lifted or twisted.
- ☐ Place turkey on warm platter; cover with foil.
- ☐ Let stand 15 minutes before carving.
- ☐ Serve with reserved cranberry mixture.
- ☐ Garnish with herbs, cranberries and kumquats.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:0.77, Inflammation Score:-5, Nutrition Score:28.452608429867%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 554.74kcal (27.74%), Fat: 20.13g (30.97%), Saturated Fat: 5.11g (31.91%), Carbohydrates: 21.29g (7.1%), Net Carbohydrates: 20.7g (7.53%), Sugar: 17.81g (19.78%), Cholesterol: 231.88mg (77.29%), Sodium: 773.89mg (33.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 70.17g (140.33%), Vitamin B3: 24.68mg (123.42%), Selenium: 68.84µg (98.35%), Vitamin B6: 1.94mg (97.24%), Vitamin B12: 3.93µg (65.52%), Phosphorus: 594.55mg (59.46%), Zinc: 5.76mg (38.39%), Vitamin B2: 0.61mg (35.84%), Vitamin B5: 2.66mg (26.58%), Potassium: 774.1mg (22.12%), Magnesium: 84.13mg (21.03%), Iron: 3.02mg (16.78%), Copper: 0.27mg (13.56%), Vitamin B1: 0.17mg (11.58%), Vitamin C: 8.62mg (10.45%), Folate: 27.46µg (6.87%), Vitamin D: 0.97µg (6.44%), Vitamin A: 311.52IU (6.23%), Manganese: 0.11mg (5.4%), Calcium: 47.08mg (4.71%), Vitamin E: 0.68mg (4.54%), Fiber: 0.59g (2.35%)