



Creole Deep-Fried Turkey



Gluten Free



Dairy Free



Low Fod Map

READY IN



130 min.

SERVINGS



8

CALORIES



692 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons creole seasoning
- ☐ 3 vegetable oil; peanut oil preferred
- ☐ 12 lb turkey fresh whole

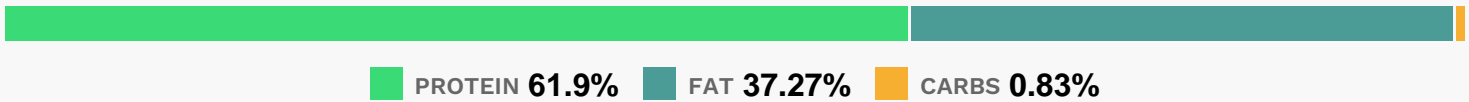
Equipment

- ☐ kitchen thermometer

Directions

- ☐ Pour oil into a deep propane turkey fryer 10 to 12 inches from top; heat to 350 over a medium-low flame according to manufacturer's instructions (about 45 minutes).
- ☐ Meanwhile, remove giblets and neck from turkey, and rinse turkey with cold water.
- ☐ Drain cavity well; pat dry. Loosen and lift skin from turkey with fingers, without totally detaching skin; spread 1 Tbsp. Creole seasoning under skin. Carefully replace skin.
- ☐ Sprinkle 1 Tbsp. Creole seasoning inside cavity; rub into cavity.
- ☐ Sprinkle outside of turkey with remaining 2 Tbsp. Creole seasoning; rub into skin.
- ☐ Let turkey stand at room temperature 30 minutes.
- ☐ Place turkey on fryer rod. Carefully lower turkey into hot oil with rod attachment.
- ☐ Fry 35 to 45 minutes or until a meat thermometer inserted in thickest portion of thigh registers 165 (about 3 minutes per pound plus an additional 5 minutes. Keep oil temperature between 300 and 325).
- ☐ Remove turkey from oil; drain and let stand 30 minutes before slicing.
- ☐ *Frozen whole turkey, thawed, may be substituted.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.24, Inflammation Score:-8, Nutrition Score:36.183913111687%

Nutrients (% of daily need)

Calories: 692.4kcal (34.62%), Fat: 28.05g (43.16%), Saturated Fat: 7.2g (45.02%), Carbohydrates: 1.42g (0.47%), Net Carbohydrates: 0.74g (0.27%), Sugar: 0.55g (0.61%), Cholesterol: 347.81mg (115.94%), Sodium: 541.79mg (23.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 104.84g (209.68%), Vitamin B3: 37.08mg (185.41%), Vitamin B6: 2.95mg (147.74%), Selenium: 103.12µg (147.31%), Vitamin B12: 5.89µg (98.23%), Phosphorus: 891.35mg (89.14%), Zinc: 8.66mg (57.74%), Vitamin B2: 0.92mg (53.92%), Vitamin B5: 3.92mg (39.18%), Potassium: 1132.44mg (32.36%), Magnesium: 124.57mg (31.14%), Vitamin A: 1310.77IU (26.22%), Iron: 4.35mg (24.16%), Copper: 0.38mg (19.06%), Vitamin B1: 0.24mg (16.01%), Vitamin D: 1.45µg (9.66%), Folate: 36.47µg (9.12%), Vitamin E: 1.24mg (8.26%), Calcium: 56.84mg (5.68%), Manganese: 0.11mg (5.4%), Fiber: 0.68g (2.72%), Vitamin C: 1.91mg (2.32%), Vitamin K: 2.01µg (1.91%)