



## Deconstructed Holiday Turkey with Sage Gravy

READY IN



45 min.

SERVINGS



8

CALORIES



863 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons allspice
- 8 servings pepper black freshly ground
- 2 teaspoons peppercorns whole black
- 6.5 pound turkey breast
- 0.3 cup celery leaves fresh (from 1 bunch)
- 2 bay leaves dried
- 0.3 cup flour all-purpose
- 4 sprigs thyme sprigs fresh

- 1 head garlic cut in half (do not peel)
- 0.3 cup honey
- 8 servings kosher salt
- 2 cups chicken broth low-sodium
- 2 large sage fresh whole
- 1 Leaves sage whole for garnish
- 3 turkey legs ()
- 2 turkey thighs
- 0.3 cup butter unsalted ()

## Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- oven
- whisk
- pot
- roasting pan
- kitchen thermometer
- aluminum foil
- ziploc bags
- measuring cup

## Directions

- Rinse turkey parts and place in doubled 2 1/2-gallon resealable plastic bags (or large stockpot).
- Add salt, honey, garlic, bay leaves, thyme, sage, peppercorns, allspice, and celery leaves.

- Add enough cold water to cover turkey — about 3 quarts. Press out air, close bags, and place in large bowl or other container to protect against leaks. Refrigerate at least 6 hours or overnight.
- Preheat oven to 425°F. Arrange racks in upper and lower thirds of oven.
- Remove turkey parts from brine, pat dry with paper towels, and place, skin side up, on racks set in 2 medium roasting pans (be sure to leave space between parts for air circulation).
- Pour 1 cup water into each pan.
- Drizzle turkey parts with melted butter and scatter with sage leaves.
- Place 1 pan on each oven rack and roast until beginning to brown, about 30 minutes.
- Lower heat to 400°F, switch positions of pans, and rotate each pan 180°. Continue roasting until instant-read thermometer inserted into thickest part of breast, avoiding bone, registers 165°, about 1 to 1 1/4 hours.
- Transfer turkey parts to platter and tent with foil.
- Pour pan juices into 4-cup glass measuring cup, let stand until fat rises to top, 2 to 3 minutes, then skim off and reserve fat.
- Set 1 roasting pan across 2 burners, add 2 cups chicken broth, and bring to simmer over moderately high heat, scraping up any browned bits.
- Add simmering broth to pan juices in measuring cup, then add additional chicken broth, if needed, to equal 4 cups liquid.
- In medium saucepan over moderately low heat, melt butter, then whisk in flour and cook, whisking constantly, until smooth, approximately 2 minutes. Gradually whisk in broth mixture and any collected juices from platter holding turkey, then raise heat to moderately high and boil mixture, uncovered, until thickened, about 8 minutes.
- Season gravy with salt and pepper to taste. Carve turkey pieces and garnish with sage; serve with gravy.

## Nutrition Facts

**PROTEIN 61.26%** **FAT 31.01%** **CARBS 7.73%**

### Properties

Glycemic Index:39.16, Glycemic Load:8.05, Inflammation Score:-8, Nutrition Score:40.213913513267%

### Flavonoids

Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## **Nutrients (% of daily need)**

Calories: 862.93kcal (43.15%), Fat: 29.55g (45.47%), Saturated Fat: 10.12g (63.24%), Carbohydrates: 16.59g (5.53%), Net Carbohydrates: 15.59g (5.67%), Sugar: 9.12g (10.13%), Cholesterol: 394.75mg (131.58%), Sodium: 1168.79mg (50.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 131.37g (262.75%), Vitamin B3: 45.3mg (226.52%), Selenium: 153.35µg (219.07%), Vitamin B6: 3.79mg (189.42%), Phosphorus: 1356.17mg (135.62%), Zinc: 12.86mg (85.75%), Vitamin B2: 1.13mg (66.73%), Vitamin B5: 5.72mg (57.22%), Vitamin B12: 3.39µg (56.56%), Potassium: 1714.72mg (48.99%), Iron: 7.15mg (39.74%), Magnesium: 153.87mg (38.47%), Copper: 0.68mg (34%), Vitamin B1: 0.37mg (24.67%), Manganese: 0.39mg (19.7%), Folate: 64.84µg (16.21%), Calcium: 125.48mg (12.55%), Vitamin A: 330.63IU (6.61%), Vitamin K: 4.7µg (4.48%), Fiber: 1g (4%), Vitamin C: 2.67mg (3.24%), Vitamin D: 0.47µg (3.17%), Vitamin E: 0.42mg (2.83%)