



Deep Fried Turkey

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



90 min.

SERVINGS



54

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup creole seasoning
- 3 gallons vegetable oil; peanut oil preferred for frying or as needed
- 1 onion white
- 12 pound turkey whole

Equipment

- paper towels
- pot
- kitchen thermometer

Directions

- In a large stockpot or turkey fryer, heat oil to 400 degrees F (200 degrees C). Be sure to leave room for the turkey, or the oil will spill over.
- Layer a large platter with food-safe paper bags.
- Rinse turkey, and thoroughly pat dry with paper towels. Rub Creole seasoning over turkey inside and out. Make sure the hole at the neck is open at least 2 inches so the oil can flow freely through the bird.
- Place the whole onion and turkey in drain basket. The turkey should be placed in basket neck end first. Slowly lower basket into hot oil to completely cover turkey. Maintain the temperature of the oil at 350 degrees F (175 degrees C), and cook turkey for 3 1/2 minutes per pound, about 45 minutes.
- Carefully remove basket from oil, and drain turkey. Insert a meat thermometer into the thickest part of the thigh; the internal temperature must be 180 degrees F (80 degrees C). Finish draining turkey on the prepared platter.

Nutrition Facts

PROTEIN 12.97% **FAT 86.36%** **CARBS 0.67%**

Properties

Glycemic Index:1.09, Glycemic Load:0.15, Inflammation Score:-5, Nutrition Score:9.1030435613964%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 477.02kcal (23.85%), Fat: 46.29g (71.21%), Saturated Fat: 8.19g (51.19%), Carbohydrates: 0.81g (0.27%), Net Carbohydrates: 0.48g (0.17%), Sugar: 0.24g (0.27%), Cholesterol: 51.53mg (17.18%), Sodium: 80.56mg (3.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.64g (31.28%), Vitamin E: 6.99mg (46.63%), Vitamin B3: 5.56mg (27.79%), Vitamin B6: 0.46mg (22.9%), Selenium: 15.35µg (21.93%), Vitamin B12: 0.87µg (14.55%), Phosphorus: 134.77mg (13.48%), Vitamin A: 495.88IU (9.92%), Zinc: 1.31mg (8.72%), Vitamin B2: 0.14mg (8.41%), Vitamin B5: 0.58mg (5.83%), Potassium: 185.34mg (5.3%), Magnesium: 19.76mg (4.94%), Iron: 0.72mg (3.99%), Copper: 0.06mg (3%), Vitamin B1: 0.04mg (2.59%), Manganese: 0.03mg (1.66%), Folate: 6.56µg (1.64%), Vitamin D: 0.21µg (1.43%), Fiber: 0.33g (1.33%), Vitamin C: 0.99mg (1.2%), Vitamin K: 1.18µg (1.13%)