



Deep-Fried Turkey

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

READY IN



41 min.

SERVINGS



8

CALORIES



13162 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup pepper black
- 0.3 cup garlic powder
- 3 gallons vegetable oil; peanut oil preferred
- 2 tablespoons rub dry your favorite
- 1 cup salt
- 10 pound turkey

Equipment

- paper towels

pot

Directions

- Wash bird inside and out, and allow to drain. Rub turkey all over with House Seasoning. Coat turkey with dry rub. Allow the bird to sit until it reaches room temperature.
- Heat peanut oil in a turkey fryer or a very, very large stockpot to 350 degrees F. Lower turkey into hot oil, very carefully, making sure it is fully submerged. Fry turkey for 3 minutes per pound plus 5 minutes per bird.
- Remove turkey from oil and drain on paper towels.
- Serve with favorite Thanksgiving sides and salads.
- Mix ingredients together and store in an airtight container for up to 6 months.

Nutrition Facts

 **PROTEIN 2.67%**  **FAT 97.01%**  **CARBS 0.32%**

Properties

Glycemic Index:4.63, Glycemic Load:1.15, Inflammation Score:-9, Nutrition Score:41.420869537022%

Nutrients (% of daily need)

Calories: 13162.35kcal (658.12%), Fat: 1442.6g (2219.39%), Saturated Fat: 245.94g (1537.1%), Carbohydrates: 10.76g (3.59%), Net Carbohydrates: 8.11g (2.95%), Sugar: 0.5g (0.55%), Cholesterol: 289.85mg (96.62%), Sodium: 14603.73mg (634.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 89.2g (178.4%), Vitamin E: 223.37mg (1489.12%), Vitamin B3: 30.89mg (154.46%), Vitamin B6: 2.57mg (128.42%), Selenium: 87.98µg (125.69%), Vitamin B12: 4.91µg (81.85%), Phosphorus: 780.69mg (78.07%), Manganese: 1.17mg (58.43%), Zinc: 7.68mg (51.23%), Vitamin B2: 0.77mg (45.32%), Vitamin B5: 3.42mg (34.23%), Potassium: 1097.96mg (31.37%), Iron: 5.5mg (30.54%), Magnesium: 121.58mg (30.4%), Vitamin K: 30.12µg (28.69%), Copper: 0.47mg (23.35%), Vitamin B1: 0.24mg (15.73%), Fiber: 2.65g (10.6%), Calcium: 101.6mg (10.16%), Folate: 34.29µg (8.57%), Vitamin D: 1.21µg (8.05%), Vitamin A: 292.2IU (5.84%)