



## Easy Brined Roasted Turkey with Creamed Gravy

READY IN



780 min.

SERVINGS



8

CALORIES



1146 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups apple juice
- 4 bay leaves
- 8 servings pepper black freshly ground
- 3 tablespoons peppercorns whole black
- 1 medium celery stalks cut into 3 pieces
- 2 cups chicken broth unsalted low-sodium
- 1 cup t brown sugar dark packed
- 0.3 cup flour all-purpose

- 0.3 cup cup heavy whipping cream
- 8 servings olive oil as needed
- 8 servings salt
- 8 servings turkey
- 13 pound turkey fresh frozen thawed
- 14 cups water
- 0.5 medium onion yellow quartered

## Equipment

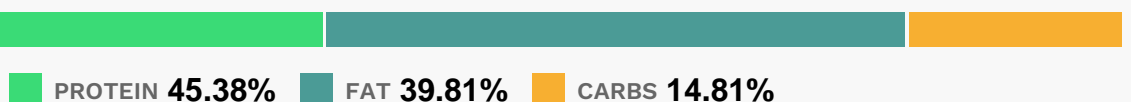
- bowl
- frying pan
- paper towels
- sauce pan
- oven
- whisk
- sieve
- roasting pan
- wooden spoon
- kitchen thermometer
- kitchen twine

## Directions

- Place the salt, brown sugar, peppercorns, bay leaves, and 3 cups of the water in a medium saucepan over high heat and bring to a simmer. Reduce the heat to low and continue to simmer, stirring occasionally, until the salt and sugar are almost completely dissolved, about 5 minutes.
- Remove from the heat and let cool to room temperature.
- Place a large resealable bag inside a 4-gallon container (most removable vegetable or crisper drawers are the right size). Open the bag and add the remaining 11 cups of water, apple cider or juice, and cooled brine; set aside.

- Remove the giblets and neck from the turkey cavity and discard or save for another use.
- Remove any wire or plastic holding the legs together. Pat the turkey dry inside and out with paper towels.
- Place it breast-side down in the brine and seal the bag, squeezing out the air so that the brine comes about halfway up the side of the turkey. Slide the drawer, or place the container, in the refrigerator and brine for 8 to 16 hours, turning the turkey once while it's still inside the bag. The next day, heat the oven to 350°F and arrange a rack in the lower third.
- Remove the turkey from the brine and thoroughly rinse it inside and out with cold water for at least 2 minutes (rinsing will keep the gravy from being too salty). Discard the brine and bag. Pat the turkey dry inside and out with paper towels and tuck the wing tips back and underneath. Rub a generous amount of oil all over the outside.
- Place the onion, celery, and herbs inside the cavity. Wind a piece of twine around each leg once and tie the ends together.
- Place the turkey breast-side down on a roasting rack set in a roasting pan. Roast for 1 hour. Flip the turkey onto its back and continue to roast, basting every 15 minutes once the pan juices accumulate, until a meat thermometer inserted into the inner thigh registers 165°F to 170°F and the juices run clear, about 1 1/2 to 2 hours more.
- Pour the drippings from the roasted turkey into a medium heatproof bowl.
- Let sit for a few minutes for the fat to rise to the top, then skim the fat off with a spoon and discard; set the drippings aside. (Alternatively, use a fat separator.)
- Place the roasting pan across 2 burners over medium heat. Scrape up any darkened or browned bits from the bottom of the pan with a wooden spoon. Return the reserved drippings to the pan (it's OK if a little of the fat goes into the pan) and sprinkle evenly with the flour.
- Whisk the flour and drippings together and cook, whisking occasionally, until the mixture thickens, about 3 minutes. While whisking continuously, slowly add 2 cups of the stock or broth. Bring the mixture to a simmer and cook, being sure to whisk at the edges of the pan, until the gravy thickens slightly. If it seems too thick, add more stock or broth.
- Pour the mixture through a strainer set over a medium saucepan over low heat. Discard the solids from the strainer. Stir in the cream. Taste and season with salt and pepper as needed. Keep warm until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:29.84, Glycemic Load:6.3, Inflammation Score:-7, Nutrition Score:42.721739007079%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

## Nutrients (% of daily need)

Calories: 1146.1kcal (57.3%), Fat: 50.23g (77.27%), Saturated Fat: 12.36g (77.22%), Carbohydrates: 42.03g (14.01%), Net Carbohydrates: 40.66g (14.78%), Sugar: 33.62g (37.36%), Cholesterol: 428.66mg (142.89%), Sodium: 899.94mg (39.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 128.82g (257.63%), Vitamin B3: 45.79mg (228.96%), Selenium: 126.93µg (181.33%), Vitamin B6: 3.55mg (177.51%), Vitamin B12: 7.19µg (119.86%), Phosphorus: 1109.47mg (110.95%), Zinc: 10.63mg (70.84%), Vitamin B2: 1.16mg (68.06%), Vitamin B5: 4.91mg (49.06%), Potassium: 1532.97mg (43.8%), Magnesium: 165.28mg (41.32%), Iron: 6.15mg (34.18%), Manganese: 0.67mg (33.7%), Copper: 0.63mg (31.44%), Vitamin B1: 0.34mg (22.87%), Vitamin E: 2.66mg (17.75%), Vitamin K: 15.16µg (14.44%), Folate: 53.19µg (13.3%), Calcium: 131.97mg (13.2%), Vitamin D: 1.87µg (12.47%), Vitamin A: 463.35IU (9.27%), Fiber: 1.38g (5.51%), Vitamin C: 1.15mg (1.39%)