



Erick's Deep Fried Rosemary Turkey

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

READY IN



85 min.

SERVINGS



16

CALORIES



1601 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup ginger root fresh chopped
- 3 sprigs rosemary fresh
- 12 cloves garlic peeled
- 16 servings salt and ground pepper black to taste
- 3 gallons vegetable oil; peanut oil preferred for frying
- 12 pound turkey whole

Equipment

Directions

- Fill an outdoor deep-fryer with the peanut oil (see tip below), and heat to 325 degrees F (160 degrees C). This will take about 30 minutes.
- Rub the turkey with minced garlic, salt and pepper on the inside and outside. Fill the cavity with rosemary, garlic cloves and ginger. Refrigerate for 30 minutes to marinate.
- Remove the herbs and garlic from the cavity of the bird, and discard. Make sure the opening at the neck of the turkey is at least 2 inches wide. Trim skin back if necessary. This will prevent pressure from building inside. If the turkey has a pop-up doneness indicator, it must be removed beforehand.
- Place the turkey in the fryer basket, or hanging device, and slowly lower it into the hot oil. Be sure to maintain the temperature of the oil while it is frying. Cook for 3 1/2 minutes per pound, or until the internal temperature is at 180 degrees F (82 degrees C) when taken in the thickest part of the thigh.
- Carefully remove the turkey from the hot oil, and turn off the deep-fryer.
- Let the bird cool for 5 minutes, then pat dry.

Nutrition Facts

PROTEIN 12.99% **FAT 86.68%** **CARBS 0.33%**

Properties

Glycemic Index:4.81, Glycemic Load:0.29, Inflammation Score:-7, Nutrition Score:25.805217242759%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 1601.46kcal (80.07%), Fat: 155.61g (239.41%), Saturated Fat: 27.53g (172.06%), Carbohydrates: 1.35g (0.45%), Net Carbohydrates: 1.21g (0.44%), Sugar: 0.22g (0.24%), Cholesterol: 173.91mg (57.97%), Sodium: 271.32mg (11.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.48g (104.96%), Vitamin E: 22.51mg (150.1%), Vitamin B3: 18.47mg (92.36%), Selenium: 51.79µg (73.99%), Vitamin B6: 1.48mg (73.99%), Vitamin B12: 2.95µg (49.11%), Phosphorus: 446.65mg (44.66%), Zinc: 4.35mg (29.01%), Vitamin B2: 0.45mg (26.5%), Vitamin B5: 1.98mg (19.8%), Potassium: 563.97mg (16.11%), Magnesium: 62.42mg (15.61%), Iron: 2.19mg (12.15%), Copper: 0.2mg

(10.04%), Vitamin B1: 0.12mg (8.09%), Vitamin D: 0.72µg (4.83%), Folate: 17.34µg (4.34%), Manganese: 0.09mg (4.32%), Calcium: 31.62mg (3.16%), Vitamin A: 136.56IU (2.73%), Vitamin K: 1.2µg (1.14%), Vitamin C: 0.86mg (1.04%)