



Extra-Moist Turkey with Pan Gravy

READY IN



180 min.

SERVINGS



6

CALORIES



983 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings butter unsalted melted
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 medium onion
- ☐ 1 bunch thyme leaves
- ☐ 6 servings thyme sprigs
- ☐ 11 pounds turkey for stock at room temperature (excluding liver)
- ☐ 5 tablespoons butter unsalted divided melted
- ☐ 1 cup water

Equipment

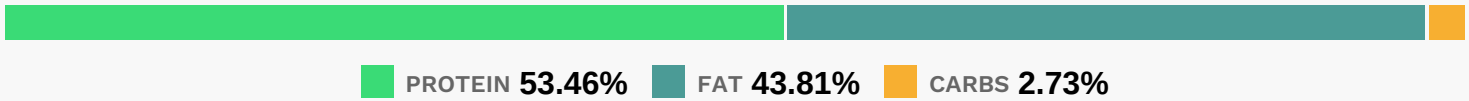
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ skewers
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 400°F with rack in lower third.
- ☐ Rinse turkey inside and out, then pat dry.
- ☐ Mix together 2 teaspoons salt and 1 teaspoon pepper and rub all over turkey inside and out. Put onion and thyme in large cavity. Pin neck skin to body with skewer. Center kitchen string under back of breast and bring ends over to pin wings, then crisscross string and tie ends of drumsticks together. Put turkey on a metal rack in roaster and brush with 4 tablespoon melted butter. Cover pan (if using a roasting pan, cover turkey with parchment paper, then foil) and roast 1 hour.
- ☐ Baste with pan juices and add water to pan. Continue to roast, covered, until an instant-read thermometer inserted into fleshy part of each thigh (test both; close to but not touching bone) registers 170°F, 30 minutes to 1 hour.
- ☐ Baste with remaining tablespoon melted butter and roast, uncovered, until skin is browned, about 15 minutes more (total roasting time: 1 3/4 to 2 1/4 hours). Carefully tilt turkey so juices from inside large cavity run into pan.

- ☐ Transfer turkey to a platter and let stand, loosely covered with foil, 30 minutes (temperature of thigh meat will rise to 175 to 180°F).
- ☐ Strain pan juices through a fine- mesh sieve into 2-quart measure and skim off fat (or use a fat separator), reserving fat.
- ☐ Pour pan juices into a bowl and add stock.
- ☐ Whisk together flour and 1/3 cup reserved fat (if there is less, add melted butter) in a heavy medium saucepan, then cook over medium heat, whisking constantly, 2 minutes (mixture will be thick).
- ☐ Add pan juices and stock in a fast stream, whisking constantly to prevent lumps, then bring to a boil, whisking. Stir in any turkey juices from platter. Chop and add giblets (if using). Simmer gravy, whisking occasionally, 3 minutes. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:4.1, Inflammation Score:-9, Nutrition Score:39.854347783586%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 982.63kcal (49.13%), Fat: 46.92g (72.19%), Saturated Fat: 17.21g (107.56%), Carbohydrates: 6.57g (2.19%), Net Carbohydrates: 6g (2.18%), Sugar: 0.77g (0.86%), Cholesterol: 460.94mg (153.65%), Sodium: 665.74mg (28.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 128.82g (257.64%), Vitamin B3: 45.51mg (227.57%), Selenium: 128.33µg (183.32%), Vitamin B6: 3.56mg (177.85%), Vitamin B12: 7.23µg (120.53%), Phosphorus: 1096.4mg (109.64%), Zinc: 10.62mg (70.82%), Vitamin B2: 1.14mg (67.21%), Vitamin B5: 4.86mg (48.55%), Potassium: 1357.52mg (38.79%), Magnesium: 153.45mg (38.36%), Iron: 5.71mg (31.74%), Copper: 0.49mg (24.32%), Vitamin B1: 0.34mg (22.92%), Vitamin A: 826.51IU (16.53%), Folate: 57.03µg (14.26%), Vitamin D: 2.02µg (13.48%), Calcium: 80.03mg (8%), Manganese: 0.16mg (7.97%), Vitamin E: 0.92mg (6.16%), Vitamin C: 3.35mg (4.06%), Fiber: 0.58g (2.31%), Vitamin K: 1.22µg (1.17%)