



Farmhouse Roast Turkey with Rosemary Gravy

READY IN



45 min.

SERVINGS



12

CALORIES



537 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black divided
- ☐ 2 tablespoons butter melted
- ☐ 1 cup celery coarsely chopped
- ☐ 2 tablespoons cornstarch
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons rosemary fresh divided chopped
- ☐ 2 cups onion coarsely chopped
- ☐ 1.8 teaspoons salt divided

- ☐ 12 pound turkey fresh thawed
- ☐ 5 cups turkey stock homemade divided
- ☐ 0.3 cup water

Equipment

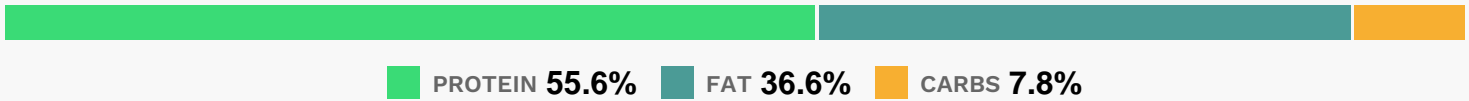
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ measuring cup
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 32
- ☐ Remove neck, heart, gizzard, and liver from turkey. Reserve neck, heart, and gizzard for Homemade Turkey Stock; discard liver. Rinse turkey thoroughly with cold water; pat dry. Trim excess fat.
- ☐ Combine onion, celery, 1 tablespoon rosemary, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Stuff body cavity with onion mixture. Tie ends of legs with twine. Lift wing tips up and over back; tuck under bird.
- ☐ Place a roasting rack coated with cooking spray in a roasting pan.
- ☐ Place turkey, breast side up, on rack.
- ☐ Brush with butter; sprinkle evenly with 1 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Pour 1 cup Homemade Turkey Stock in bottom of pan. Insert a meat thermometer into meaty part of thigh, making sure not to touch bone. Cover turkey breast tightly with foil.
- ☐ Bake at 325 for 2 hours, basting with 1/3 cup Homemade Turkey Stock every 30 minutes (1 1/3 cups total).

- ☐ Remove foil; bake an additional 1 1/2 hours or until thermometer registers 180, basting with 1/3 cup Homemade Turkey Stock every 30 minutes (2/3 cup total).
- ☐ Remove turkey from oven; let stand 30 minutes. Discard skin.
- ☐ Place a zip-top plastic bag inside a 2-cup glass measure.
- ☐ Pour pan drippings into bag; let stand 10 minutes (fat will rise to the top). Seal bag, and snip off 1 bottom corner of bag.
- ☐ Drain pan drippings into a measuring cup, stopping before the fat layer reaches the opening. Reserve 2 tablespoons fat, and discard remaining fat.
- ☐ Combine the pan drippings with 2 cups Homemade Turkey Stock.
- ☐ Heat 2 tablespoons reserved fat in bottom of roasting pan over medium heat.
- ☐ Add flour, stirring with a whisk. Cook 1 minute, stirring constantly. Stir in the pan drippings mixture.
- ☐ Combine water and cornstarch, stirring with a whisk.
- ☐ Add the cornstarch mixture to pan, stirring with a whisk. Bring to a boil, stirring frequently.
- ☐ Add 1 tablespoon rosemary. Reduce heat, and simmer 5 minutes or until sauce thickens. Stir in 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Serve gravy with turkey.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:2.52, Inflammation Score:-6, Nutrition Score:29.593478451604%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg

Nutrients (% of daily need)

Calories: 536.62kcal (26.83%), Fat: 21.34g (32.83%), Saturated Fat: 6.25g (39.08%), Carbohydrates: 10.24g (3.41%), Net Carbohydrates: 9.47g (3.44%), Sugar: 3.01g (3.34%), Cholesterol: 239.85mg (79.95%), Sodium: 864.15mg

(37.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 72.93g (145.87%), Vitamin B3: 26.4mg (132.01%), Selenium: 72.18µg (103.11%), Vitamin B6: 2.03mg (101.53%), Vitamin B12: 3.93µg (65.55%), Phosphorus: 630.62mg (63.06%), Vitamin B2: 0.71mg (41.78%), Zinc: 5.96mg (39.73%), Vitamin B5: 2.69mg (26.88%), Potassium: 893.99mg (25.54%), Magnesium: 89.47mg (22.37%), Iron: 3.25mg (18.08%), Copper: 0.32mg (16.2%), Vitamin B1: 0.23mg (15.38%), Folate: 42.38µg (10.59%), Vitamin D: 0.97µg (6.44%), Manganese: 0.13mg (6.31%), Vitamin A: 290.37IU (5.81%), Calcium: 50.96mg (5.1%), Fiber: 0.77g (3.09%), Vitamin C: 2.5mg (3.04%), Vitamin K: 3.15µg (3%), Vitamin E: 0.41mg (2.7%)