



Francis Butler's Texas Tamale-Stuffed Turkey

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



469 kcal

SIDE DISH

Ingredients

- ☐ 1 cup regular corn frozen thawed
- ☐ 2 garlic cloves peeled
- ☐ 2 jalapeño chiles stemmed seeded
- ☐ 10 servings kosher salt and pepper black freshly ground
- ☐ 4 shallots peeled
- ☐ 8 tablespoons butter unsalted chilled cut into 8 pieces and (1 stick)
- ☐ 8 pound turkey whole

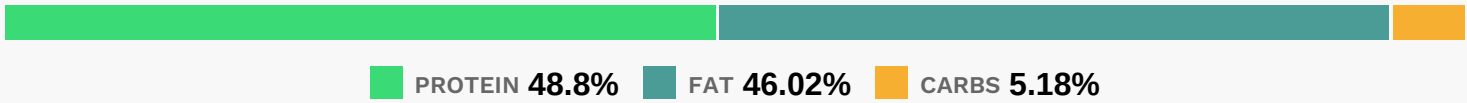
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ kitchen twine
- ☐ metal skewers

Directions

- ☐ Place an oven rack in the lower-center position and preheat the oven to 350°F. Set a large V-shaped roasting rack inside a shallow roasting pan.
- ☐ Pulse the shallots, garlic, chiles, 1 teaspoon salt, and 1/2 teaspoon pepper in a food processor until finely chopped. With the food processor running, add the butter, one piece at time, and process until a paste forms.
- ☐ In a large bowl, crumble the tamales and using a fork, stir in the corn. Season with salt and pepper to taste.
- ☐ Pat the turkey dry. Using metal skewers or toothpicks, secure the neck skin to the back of the turkey, then tuck the turkey's wings behind its back.
- ☐ Stuff the tamale mixture into the turkey's cavity and tie the legs together with butcher's twine.
- ☐ Place the turkey in the prepared rack, breast up, and rub with the butter mixture. Cover the turkey loosely with foil and roast for 1 hour, basting with pan drippings every 20 minutes.
- ☐ Uncover and roast for 30 to 45 minutes, until the skin is well browned and an instant-read thermometer registers 175°F in the thighs and drumsticks and 165°F in the breast and stuffing.
- ☐ Transfer the turkey to a serving platter or carving board and let rest for 30 minutes to 1 hour before serving.
- ☐ Carve the turkey and serve with the tamale stuffing.

Nutrition Facts



Properties

Glycemic Index:12.4, Glycemic Load:0.51, Inflammation Score:-5, Nutrition Score:24.599999977195%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 468.9kcal (23.45%), Fat: 23.77g (36.57%), Saturated Fat: 9.54g (59.65%), Carbohydrates: 6.01g (2%), Net Carbohydrates: 5.11g (1.86%), Sugar: 1.07g (1.19%), Cholesterol: 209.58mg (69.86%), Sodium: 292.02mg (12.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.71g (113.43%), Vitamin B3: 20mg (100.02%), Vitamin B6: 1.63mg (81.36%), Selenium: 55.34µg (79.06%), Vitamin B12: 3.16µg (52.7%), Phosphorus: 496.33mg (49.63%), Zinc: 4.76mg (31.76%), Vitamin B2: 0.5mg (29.4%), Vitamin B5: 2.19mg (21.93%), Potassium: 672.39mg (19.21%), Magnesium: 72.76mg (18.19%), Iron: 2.48mg (13.76%), Copper: 0.22mg (11.09%), Vitamin B1: 0.15mg (9.98%), Vitamin A: 456.01IU (9.12%), Folate: 29.16µg (7.29%), Vitamin C: 5.5mg (6.66%), Vitamin D: 0.94µg (6.27%), Manganese: 0.11mg (5.61%), Vitamin E: 0.6mg (3.98%), Calcium: 37.25mg (3.73%), Fiber: 0.9g (3.59%), Vitamin K: 1.56µg (1.48%)