



Fresh-Herb Turkey

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cooking sherry dry
- ☐ 2.8 cups less-sodium chicken broth fat-free divided
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 teaspoons chives fresh divided chopped
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons sage fresh chopped
- ☐ 2 teaspoons thyme leaves fresh divided chopped

- ☐ 12 pound turkey fresh whole thawed

Equipment

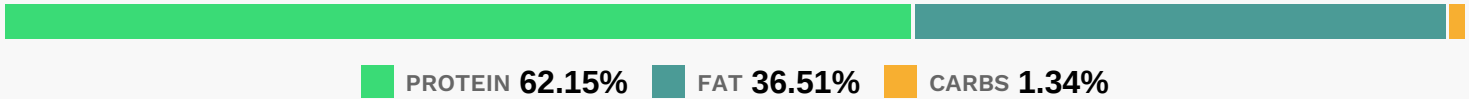
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Preheat oven to 350
- ☐ Remove giblets and neck from turkey; discard. Rinse turkey thoroughly with cold water; pat dry. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat.
- ☐ Combine sage, 2 teaspoons chives, 1 teaspoon thyme, and 1 teaspoon parsley in a small bowl. Rub sage mixture under loosened skin and inside body cavity. Tie ends of legs with cord. Lift wing tips up and over back; tuck under bird.
- ☐ Place turkey on a broiler pan coated with cooking spray or on a rack set in a shallow roasting pan. Insert meat thermometer into meaty part of thigh, making sure not to touch bone.
- ☐ Bake at 350 for 3 hours or until thermometer registers 180
- ☐ (Cover turkey loosely with foil if it gets too brown.)
- ☐ Remove turkey from oven. Cover loosely with foil; let stand at least 10 minutes before carving.
- ☐ Place a zip-top plastic bag inside a 2-cup glass measure.
- ☐ Pour drippings from pan into bag; let stand 10 minutes (fat will rise to the top). Seal bag; snip off 1 bottom corner of bag.

- ☐
- Drain drippings into a medium saucepan, stopping before the fat layer reaches the opening. Stir in 2 1/2 cups broth and sherry. Bring to a boil; reduce heat, and simmer 10 minutes.
- ☐
- Combine 1/4 cup broth and flour in a small bowl, stirring well with a whisk. Stir into sherry mixture, and bring to a boil, stirring constantly. Stir in 2 tablespoons parsley, 1 teaspoon chives, and 1 teaspoon thyme.
- ☐
- Serve sauce with turkey.

Nutrition Facts



Properties

Glycemic Index:20.33, Glycemic Load:0.74, Inflammation Score:-6, Nutrition Score:32.386956655461%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 468.3kcal (23.41%), Fat: 18.33g (28.2%), Saturated Fat: 4.74g (29.61%), Carbohydrates: 1.51g (0.5%), Net Carbohydrates: 1.32g (0.48%), Sugar: 0.35g (0.39%), Cholesterol: 231.88mg (77.29%), Sodium: 574.28mg (24.97%), Alcohol: 0.69g (100%), Alcohol %: 0.23% (100%), Protein: 70.2g (140.39%), Copper: 3.29mg (164.72%), Vitamin B3: 24.96mg (124.82%), Selenium: 70.17µg (100.25%), Vitamin B6: 1.94mg (97.12%), Vitamin B12: 4.03µg (67.22%), Phosphorus: 598.88mg (59.89%), Zinc: 5.79mg (38.62%), Vitamin B2: 0.62mg (36.33%), Vitamin B5: 2.69mg (26.88%), Potassium: 753.84mg (21.54%), Magnesium: 84.65mg (21.16%), Iron: 3.13mg (17.41%), Vitamin B1: 0.17mg (11.48%), Vitamin K: 11.63µg (11.08%), Manganese: 0.17mg (8.4%), Folate: 26.86µg (6.71%), Vitamin D: 0.97µg (6.44%), Vitamin A: 263.93IU (5.28%), Calcium: 47.36mg (4.74%), Vitamin E: 0.3mg (1.97%), Vitamin C: 1.58mg (1.91%)