



Garlic and Rosemary Slow-Roasted Turkey

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 teaspoons butter softened
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 3 sprigs rosemary fresh
- ☐ 9 garlic cloves divided
- ☐ 1 tablespoon paprika
- ☐ 1.5 teaspoons pepper
- ☐ 1.5 teaspoons salt
- ☐ 12 pound turkey fresh thawed

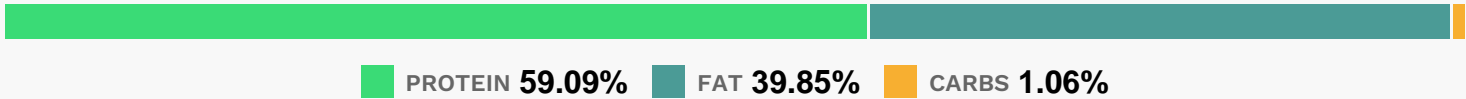
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ kitchen twine

Directions

- ☐ Remove and discard giblets and neck from turkey. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat. Mince 3 garlic cloves; combine minced garlic, chopped rosemary, and next 4 ingredients (through pepper) in a small bowl. Rub butter mixture under loosened skin and rub over breast and drumsticks. Lift wing tips up and over back; tuck under turkey.
- ☐ Place remaining 6 garlic cloves and rosemary sprigs in body cavity. Tie legs together with kitchen string.
- ☐ Let turkey stand 1 hour at room temperature.
- ☐ Preheat oven to 50
- ☐ Place turkey, breast side up, on the rack of a roasting pan coated with cooking spray.
- ☐ Place rack in pan.
- ☐ Bake at 500 for 30 minutes. Reduce heat to 250; bake for 2 hours or until a thermometer inserted into meaty part of thigh registers 16
- ☐ Remove from oven; cover loosely with foil.
- ☐ Let stand 20 minutes. Discard skin.

Nutrition Facts



Properties

Glycemic Index:10.58, Glycemic Load:0.26, Inflammation Score:-6, Nutrition Score:28.1039132735%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg 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: 483.87kcal (24.19%), Fat: 20.97g (32.27%), Saturated Fat: 6.44g (40.26%), Carbohydrates: 1.26g (0.42%), Net Carbohydrates: 0.92g (0.33%), Sugar: 0.28g (0.31%), Cholesterol: 239.04mg (79.68%), Sodium: 673.69mg (29.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 69.98g (139.96%), Vitamin B3: 24.66mg (123.28%), Selenium: 69µg (98.57%), Vitamin B6: 1.97mg (98.55%), Vitamin B12: 3.93µg (65.58%), Phosphorus: 595.95mg (59.59%), Zinc: 5.79mg (38.62%), Vitamin B2: 0.61mg (35.72%), Vitamin B5: 2.65mg (26.49%), Potassium: 749.18mg (21.41%), Magnesium: 82.79mg (20.7%), Iron: 2.97mg (16.51%), Copper: 0.26mg (13.15%), Vitamin A: 558.14IU (11.16%), Vitamin B1: 0.16mg (10.77%), Vitamin D: 0.97µg (6.44%), Manganese: 0.12mg (6%), Folate: 23.25µg (5.81%), Calcium: 43.53mg (4.35%), Vitamin E: 0.54mg (3.61%), Fiber: 0.34g (1.36%), Vitamin K: 1.15µg (1.09%)