



Glazed Honey-Lime Turkey

READY IN



315 min.

SERVINGS



22

CALORIES



406 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tsp ancho chile pepper powder
- 0.3 cup butter
- 2 cloves garlic minced
- 2 tsp ground cumin
- 0.5 cup honey divided
- 0.3 cup 1/3 cup kraft zesty italian dressing italian kraft
- 0.5 cup juice of lime fresh divided
- 1 large onion halved sliced
- 12 oz stove top stuffing mix for chicken

- 14 lb turkey frozen thawed
- 4 cups water

Equipment

- frying pan
- sauce pan
- oven
- roasting pan
- aluminum foil

Directions

- Melt butter in large skillet on medium heat.
- Add onions and garlic; cook and stir 5 min.
- Add cumin and ancho powder; cook 1 min., stirring occasionally. Stir in 3 cups water; bring to boil.
- Add stuffing mixes; mix well. Cover; remove from heat.
- Let stand 5 min.; fluff with fork. Cool 15 min.
- Meanwhile, remove and discard neck and giblets from turkey cavities. Free legs from tucked position, but do not cut the band of skin.
- Place turkey, breast side up, in roasting pan.
- Heat oven to 325F. Stuff turkey with stuffing mixture; turn wings back to hold neck skin in place. Cover breast loosely with foil to prevent overbrowning.
- Bake 3 hours, basting occasionally with pan juices. Meanwhile, combine dressing and 3 Tbsp. each honey and lime juice.
- Uncover turkey; continue baking 45 min. to 1 hour or until done (165F), brushing with dressing mixture for the last 15 min.
- Remove turkey from oven; let stand 15 min. before carving. Meanwhile, remove excess fat from turkey drippings and pour into saucepan; add remaining lime juice and honey. Bring to boil, stirring frequently.
- Serve turkey with warm sauce.

Nutrition Facts

PROTEIN 46.2% FAT 33.69% CARBS 20.11%

Properties

Glycemic Index:7.47, Glycemic Load:3.48, Inflammation Score:-5, Nutrition Score:21.087391221005%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 405.76kcal (20.29%), Fat: 15.01g (23.09%), Saturated Fat: 4.57g (28.54%), Carbohydrates: 20.15g (6.72%), Net Carbohydrates: 19.35g (7.03%), Sugar: 8.69g (9.65%), Cholesterol: 153.26mg (51.09%), Sodium: 502.34mg (21.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.31g (92.61%), Vitamin B3: 16.61mg (83.05%), Selenium: 51.34µg (73.34%), Vitamin B6: 1.27mg (63.67%), Vitamin B12: 2.51µg (41.8%), Phosphorus: 403.09mg (40.31%), Vitamin B2: 0.45mg (26.73%), Zinc: 3.85mg (25.67%), Vitamin B5: 1.75mg (17.53%), Potassium: 533.84mg (15.25%), Magnesium: 60.48mg (15.12%), Iron: 2.57mg (14.25%), Vitamin B1: 0.2mg (13.2%), Folate: 42.66µg (10.66%), Copper: 0.21mg (10.62%), Manganese: 0.15mg (7.39%), Vitamin A: 304.73IU (6.09%), Calcium: 45.1mg (4.51%), Vitamin D: 0.61µg (4.1%), Fiber: 0.8g (3.21%), Vitamin C: 2.45mg (2.97%), Vitamin E: 0.41mg (2.77%), Vitamin K: 2.9µg (2.77%)