



Glazed Roast Turkey with Cranberry Stuffing

 Dairy Free

READY IN



355 min.

SERVINGS



18

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup butter
- 3 medium celery stalks (with leaves), chopped (1 1/2 cups)
- 0.8 cup onion (finely chopped)
- 9 cups unseasoned bread cubes (soft (15 slices))
- 0.5 cup cranberries (dried)
- 2 tablespoons sage (dried fresh chopped)
- 1 tablespoon thyme leaves (dried fresh chopped)
- 1.5 teaspoons salt

- 0.5 teaspoon pepper
- 12 lb turkey whole frozen thawed
- 2 tablespoons butter melted
- 8 oz roasted cranberry sauce canned
- 0.3 cup apple jelly
- 0.3 cup plus light

Equipment

- bowl
- frying pan
- sauce pan
- oven
- roasting pan
- kitchen thermometer
- aluminum foil
- skewers

Directions

- Heat oven to 325°F. In 10-inch skillet, melt 1 cup butter over medium heat. Cook celery and onion in butter, stirring frequently, until onion is tender. Stir in about one-third of the bread cubes.
- Place in large bowl.
- Add remaining bread cubes and remaining stuffing ingredients; toss.
- Stuff turkey just before roasting. Fill wishbone area with stuffing first. Fasten neck skin to back with skewer. Fold wings across back with tips touching. Fill body cavity lightly. (Do not pack-- stuffing will expand while cooking.) Tuck drumsticks under band of skin at tail, or tie together with heavy string, then tie to tail.
- Place turkey, breast side up, on rack in shallow roasting pan.
- Brush with 2 tablespoons butter. Insert ovenproof meat thermometer so tip is in thickest part of inside thigh and does not touch bone. Do not add water.

- Roast uncovered, following Timetable for approximate total cooking time. Thermometer will read 165°F when turkey is done, and the drumstick should move easily when lifted or twisted. Thermometer placed in center of stuffing will read 165°F when done. If a meat thermometer is not used, begin testing for doneness about 30 minutes before Timetable indicates. (See Timetable for Roasting Poultry for exact times.)
- In 1-quart saucepan, mix all glaze ingredients. Cook over medium heat about 5 minutes, stirring occasionally, until melted and smooth.
- Brush glaze on turkey about 20 minutes before turkey is done.
- Place a tent of foil loosely over turkey when it begins to turn golden. When two-thirds done, cut band of skin or string holding legs. When turkey is done, place on warm platter and cover with foil to keep warm.
- Let stand about 15 minutes for easiest carving. To serve, brush again with glaze before carving.

Nutrition Facts

PROTEIN 36.94%

FAT 41.51%

CARBS 21.55%

Properties

Glycemic Index:14.93, Glycemic Load:9.76, Inflammation Score:-7, Nutrition Score:27.775217812994%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 542.5kcal (27.13%), Fat: 24.9g (38.31%), Saturated Fat: 5.73g (35.79%), Carbohydrates: 29.08g (9.69%), Net Carbohydrates: 27.35g (9.95%), Sugar: 14.4g (16%), Cholesterol: 154.58mg (51.53%), Sodium: 706.41mg (30.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.85g (99.71%), Copper: 2.24mg (112.18%), Vitamin B3: 18mg (90.01%), Selenium: 54.03µg (77.19%), Vitamin B6: 1.33mg (66.62%), Vitamin B12: 2.63µg (43.89%), Phosphorus: 436.79mg (43.68%), Vitamin B2: 0.49mg (28.54%), Zinc: 4.18mg (27.84%), Manganese: 0.47mg (23.39%), Vitamin B5: 2mg (20.03%), Iron: 3.11mg (17.26%), Magnesium: 68.8mg (17.2%), Potassium: 552.68mg (15.79%), Vitamin B1: 0.23mg (15.39%), Vitamin A: 654.73IU (13.09%), Folate: 41.31µg (10.33%), Calcium: 73.22mg (7.32%), Fiber: 1.73g (6.92%), Vitamin E: 0.88mg (5.89%), Vitamin D: 0.64µg (4.29%), Vitamin C: 1.77mg (2.14%),

Vitamin K: 2.12µg (2.02%)