



Glazed Turkey with Maille® Honey Dijon Mustard

 Dairy Free

READY IN



45 min.

SERVINGS



54

CALORIES



262 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 baby beets trimmed
- ☐ 16 baby zucchini trimmed
- ☐ 4 slices lightly bacon smoked chopped
- ☐ 6 tablespoons breadcrumbs fresh white
- ☐ 1 butternut squash peeled seeded
- ☐ 2 celery hearts quartered
- ☐ 8 apricots dried snipped

- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 3 tablespoons honey dijon mustard maille®
- ☐ 1 optional: lemon cut into quarters
- ☐ 54 servings olive oil for drizzling
- ☐ 1 onion cut into quarters
- ☐ 8 baby onions red trimmed peeled
- ☐ 54 servings salt and pepper black freshly ground
- ☐ 10 pound turkey
- ☐ 8 baby turnips trimmed
- ☐ 2 tablespoons vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ skewers
- ☐ pastry brush

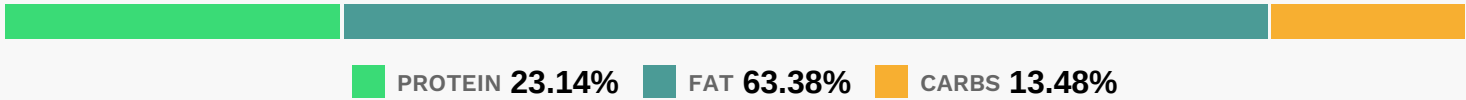
Directions

- ☐ First make the stuffing.
- ☐ Heat 1 tablespoon oil in a pan and fry bacon.
- ☐ Add remaining oil to pan and gently fry onion over low heat to soften, but not brown.
- ☐ Place breadcrumbs in a bowl and add bacon and onion, apricots and parsley. Season well.
- ☐ Using pastry brush, paint Maille® Honey Dijon mustard over turkey.
- ☐ Place lemon and onion in turkey cavity and season. Spoon stuffing into neck end, pressing in tightly. Secure neck flap underneath. Lightly cover with foil.
- ☐ Place in a pre-heated oven at 350 degrees F and roast for 3 1/2 hours, basting every hour and replacing foil. Test for thorough cooking by piercing the thick part of the thigh with a skewer.

The juices should run clear with no pink tinge.

- ☐
- Place vegetables in a roasting tin, drizzle with olive oil and season.
- ☐
- Place in oven 35 minutes before the end of roasting time. Turn occasionally.

Nutrition Facts



Properties

Glycemic Index:6.41, Glycemic Load:1.52, Inflammation Score:-8, Nutrition Score:13.668260833491%

Flavonoids

Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 262.34kcal (13.12%), Fat: 18.88g (29.05%), Saturated Fat: 3.18g (19.84%), Carbohydrates: 9.04g (3.01%), Net Carbohydrates: 7.09g (2.58%), Sugar: 3.14g (3.49%), Cholesterol: 44.02mg (14.67%), Sodium: 110.38mg (4.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.51g (31.02%), Vitamin A: 1847.93IU (36.96%), Vitamin C: 29.34mg (35.57%), Vitamin B3: 5.42mg (27.08%), Vitamin B6: 0.51mg (25.64%), Selenium: 13.85µg (19.79%), Phosphorus: 185.94mg (18.59%), Vitamin E: 2.39mg (15.91%), Potassium: 554.25mg (15.84%), Vitamin B12: 0.74µg (12.33%), Manganese: 0.24mg (12.18%), Zinc: 1.71mg (11.39%), Magnesium: 45.45mg (11.36%), Vitamin K: 11.14µg (10.61%), Vitamin B2: 0.15mg (9.07%), Folate: 34.07µg (8.52%), Vitamin B5: 0.85mg (8.48%), Iron: 1.41mg (7.82%), Fiber: 1.95g (7.79%), Copper: 0.15mg (7.46%), Vitamin B1: 0.1mg (6.73%), Calcium: 40.06mg (4.01%), Vitamin D: 0.19µg (1.24%)