



Grilled Butterflied Turkey with Rosemary Garlic Gravy

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



753 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 10 servings brine and turkey
- ☐ 2 tbsp canola oil
- ☐ 3 carrots chopped
- ☐ 2 celery stalks chopped
- ☐ 1 cup chicken broth dry white
- ☐ 0.8 cup flour

- ☐ 3 garlic cloves crushed mashed
- ☐ 5 garlic cloves crushed
- ☐ 10 servings gravy
- ☐ 1.5 cups kosher salt
- ☐ 7 cups chicken broth reduced-sodium
- ☐ 1 onion chopped
- ☐ 2 large sprigs rosemary fresh minced (7-in.)
- ☐ 6 large sprigs rosemary fresh (7-in.)
- ☐ 1 teaspoon salt
- ☐ 12 lbs turkey for gravy
- ☐ 10 servings neck

Equipment

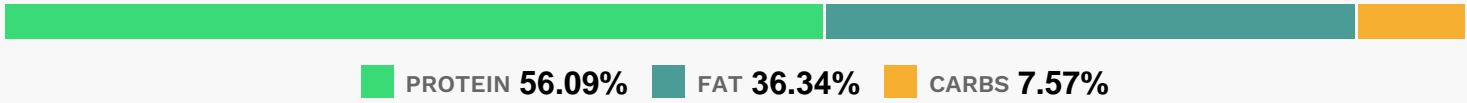
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Make brine: Boil 1 1/2 qts. water with salt in a pot big enough to hold turkey, stirring until salt dissolves.
- ☐ Add rosemary, garlic, and 3 qts. cold water; let cool.
- ☐ Add turkey. Chill, covered, at least 12 hours or overnight; turn once.
- ☐ Make broth for gravy: In a large pot, bring to a boil all ingredients except mashed garlic, minced rosemary, and flour; simmer 1 hour, or until giblets are tender. Strain; discard solids. Chill.

- ☐ Thanksgiving Day: Put a rack in a large rimmed pan. Set turkey on rack and drain 30 minutes at room temperature. Pat dry and rub all over with oil.
- ☐ Meanwhile, prepare grill for indirect medium-high heat (400 to 450). If using charcoal: Light 40 briquets on firegrate. When coals are covered with ash, in 20 minutes, bank evenly on opposite sides of firegrate and let burn to medium-high. Set a large metal or foil drip pan (about 9 by 12 in. and 2 1/2 in. deep) between coals and fill halfway with warm water. To each mound of coals, add 5 briquets now and every 30 minutes while cooking. Oil cooking grate and replace it. If using gas: Turn all burners to high, close lid, and heat 10 minutes. Turn off 1 burner and reduce heat for other(s) to medium-high. Set a large metal or foil drip pan on turned-off burner and fill halfway with warm water. Oil cooking grate; replace it.
- ☐ Set turkey, skin side up, on cooking grate over drip pan and cover grill. Cook until an instant-read thermometer inserted in thickest part of thigh registers 175, about 1 1/2 hours.
- ☐ Transfer turkey to a cutting board. Tent loosely with foil and let rest in a warm place 15 to 30 minutes.
- ☐ Meanwhile, make gravy: Reheat turkey broth. In a 5- to 6-qt. pot, toast flour over medium heat, whisking, until deep golden brown, 7 to 10 minutes. Carefully pour in 3 cups broth and whisk into a smooth paste.
- ☐ Whisk in rest of broth, mashed garlic, and minced rosemary; bring to a boil, then simmer about 10 minutes, whisking often. Season with salt and pepper.
- ☐ *Ask your butcher to butterfly the turkey for you, or do it yourself: See the video demonstration [How to Butterfly Poultry](#).

Nutrition Facts



Properties

Glycemic Index:28.78, Glycemic Load:6.33, Inflammation Score:-10, Nutrition Score:39.362608577894%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg

0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 752.55kcal (37.63%), Fat: 29.22g (44.96%), Saturated Fat: 7.09g (44.32%), Carbohydrates: 13.7g (4.57%), Net Carbohydrates: 12.52g (4.55%), Sugar: 2.13g (2.36%), Cholesterol: 321.78mg (107.26%), Sodium: 17807.93mg (774.26%), Alcohol: 2.47g (100%), Alcohol %: 0.43% (100%), Protein: 101.49g (202.99%), Vitamin B3: 37.16mg (185.8%), Selenium: 98.84µg (141.21%), Vitamin B6: 2.78mg (139.06%), Vitamin B12: 5.62µg (93.6%), Phosphorus: 895.97mg (89.6%), Vitamin A: 3335.93IU (66.72%), Zinc: 8.36mg (55.72%), Vitamin B2: 0.94mg (55.55%), Vitamin B5: 3.76mg (37.64%), Potassium: 1267.88mg (36.23%), Magnesium: 123.32mg (30.83%), Iron: 5.03mg (27.94%), Copper: 0.48mg (24.06%), Vitamin B1: 0.31mg (20.79%), Manganese: 0.3mg (15.23%), Folate: 55.51µg (13.88%), Vitamin D: 1.34µg (8.94%), Calcium: 86.63mg (8.66%), Vitamin E: 1.03mg (6.85%), Vitamin K: 5.18µg (4.94%), Fiber: 1.18g (4.72%), Vitamin C: 2.84mg (3.44%)