

Grilled Lemon-Garlic Turkey

 Gluten Free  Dairy Free

READY IN



765 min.

SERVINGS



12

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons cajun spice
- 1 cup chicken broth (from 32-oz carton)
- 0.3 cup basil fresh chopped
- 0.3 cup parsley fresh chopped
- 2 cloves garlic finely chopped
- 2 tablespoons juice of lemon
- 0.3 teaspoon pepper
- 0.5 teaspoon salt

- 12 lb turkey whole frozen thawed
- 0.3 cup vegetable oil

Equipment

- frying pan
- blender
- grill
- kitchen thermometer
- skewers

Directions

- To make marinade, in blender, place all ingredients except turkey and Cajun seasoning. Cover and blend until smooth. Using meat injector, fill injector container to 1-ounce line. Inject marinade into turkey breasts, thighs and legs, every 1 to 2 inches, pushing plunger down slowly. Refill container and continue to inject turkey until marinade is used. (Or pour marinade over turkey in large glass dish.)
- Sprinkle Cajun seasoning inside cavity and over outside of turkey. Fasten neck skin to back with skewer. Fold wings across back with tips touching. Tuck drumsticks under band of skin at tail. Cover and refrigerate at least 8 hours but no longer than 24 hours.
- If using charcoal grill, place drip pan directly under grilling area, and arrange coals around edge of firebox.
- Heat coals or gas grill for indirect heat.
- Insert barbecue meat thermometer in turkey so tip is in thickest part of inside thigh muscle and does not touch bone.
- Place turkey, breast side up, over drip pan or over unheated side of gas grill and 4 to 6 inches from medium heat. Cover and grill 3 to 4 hours or until thermometer reads 180F and legs move easily when lifted or twisted.
- Let stand 15 minutes before carving.

Nutrition Facts

 **PROTEIN 57.06%**  **FAT 41.99%**  **CARBS 0.95%**

Properties

Glycemic Index:14.92, Glycemic Load:0.1, Inflammation Score:-7, Nutrition Score:30.016956785451%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 500.67kcal (25.03%), Fat: 22.92g (35.26%), Saturated Fat: 5.43g (33.93%), Carbohydrates: 1.17g (0.39%), Net Carbohydrates: 0.69g (0.25%), Sugar: 0.48g (0.53%), Cholesterol: 232.27mg (77.42%), Sodium: 531.88mg (23.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 70.08g (140.16%), Vitamin B3: 24.76mg (123.82%), Selenium: 68.83µg (98.32%), Vitamin B6: 1.96mg (98.17%), Vitamin B12: 3.93µg (65.55%), Phosphorus: 595.84mg (59.58%), Zinc: 5.82mg (38.81%), Vitamin B2: 0.62mg (36.72%), Vitamin K: 31.94µg (30.42%), Vitamin B5: 2.66mg (26.56%), Potassium: 765.07mg (21.86%), Magnesium: 84.08mg (21.02%), Vitamin A: 887.47IU (17.75%), Iron: 3.14mg (17.44%), Copper: 0.27mg (13.28%), Vitamin B1: 0.17mg (11.03%), Vitamin E: 1.03mg (6.84%), Folate: 25.88µg (6.47%), Vitamin D: 0.97µg (6.44%), Manganese: 0.09mg (4.41%), Calcium: 42.79mg (4.28%), Vitamin C: 2.89mg (3.5%), Fiber: 0.49g (1.94%)