



Grilled Tea-Brined Turkey with Tea-and-Lemon Gravy



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



1379 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 celery stalks
- ☐ 2 cups kosher salt
- ☐ 1.5 cups brown sugar packed ()
- ☐ 12 cups ice cubes
- ☐ 0.5 cup juice of lemon fresh
- ☐ 5 optional: lemon divided
- ☐ 0.3 cup olive oil

- ☐ 1 medium onion quartered
- ☐ 44 inch rosemary divided
- ☐ 16 servings freshly tea
- ☐ 18 tea
- ☐ 2 turkey
- ☐ 22 pound reserved turkey neck and giblets for gravy

Equipment

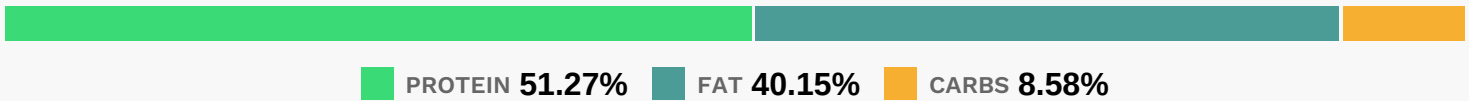
- ☐ frying pan
- ☐ pot
- ☐ baking pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ peeler

Directions

- ☐ Bring 6 1/2 quarts water to boil in large pot.
- ☐ Remove from heat. Using vegetable peeler, remove peel from 3 lemons (yellow part only).
- ☐ Add peel, tea bags, and 6 rosemary sprigs to water; steep 20 minutes.
- ☐ Remove tea bags.
- ☐ Add salt and sugar; stir to dissolve. Stir in lemon juice. Cool to lukewarm.
- ☐ Add ice to reduce temperature to below 45°F.
- ☐ Place 1 roasting bag inside the second, forming 2 layers.
- ☐ Place inside large pot.
- ☐ Place turkey in roasting bags, breast side down.
- ☐ Pour brine over turkey. Tie bags tightly, eliminating any air pockets. Refrigerate 36 to 48 hours. Or, place bags into large cooler, pour brine over turkey, and tie bags securely.
- ☐ Pour ice over and around turkey in bags.

- ☐ Place lid securely on cooler. Check twice a day to ensure that turkey is covered with ice (some ice will melt).
- ☐ Remove top rack from grill.
- ☐ Place disposable aluminum baking pan in center of barbecue (if using 2-burner gas grill, place pan on 1 side of grill; if using 3-burner grill, place pan over center burner).
- ☐ Prepare barbecue (medium-low heat). If using charcoal grill, arrange coals on each side of aluminum baking pan, dividing equally. (You will need to add about 6 briquettes to each side of aluminum pan every 30 minutes to maintain temperature while cooking turkey.) If using 3-burner gas grill, light burner(s) on left and right, leaving center burner(s) off. If using 2-burner gas grill, light burner on side opposite disposable pan. Insert instant-read thermometer into top vent of grill. Maintain temperature at around 350°F.
- ☐ Drain turkey; discard brine. Pat turkey dry. Pierce 2 lemons all over with fork. Stuff turkey with lemons, 5 sprigs rosemary, celery, and onion. Tie legs together.
- ☐ Brush turkey all over with oil.
- ☐ Place turkey directly on grill above aluminum pan. Close grill. Adjust temperature to maintain 350°F. Roast turkey until thermometer inserted into thickest part of thigh registers 175°F, about 3 hours.
- ☐ Transfer turkey to platter. Tent with foil. Allow to rest 30 minutes before carving (internal temperature will rise 5 to 10 degrees).
- ☐ Serve with gravy.

Nutrition Facts



Properties

Glycemic Index:9.66, Glycemic Load:1.75, Inflammation Score:-9, Nutrition Score:52.664782451547%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Theaflavin: 0.03mg, Theaflavin: 0.03mg, Theaflavin: 0.03mg Thearubigins: 1.73mg, Thearubigins: 1.73mg,

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Nutrients (% of daily need)

Calories: 1379.21kcal (68.96%), Fat: 60.4g (92.92%), Saturated Fat: 15.98g (99.85%), Carbohydrates: 29.04g (9.68%), Net Carbohydrates: 24.97g (9.08%), Sugar: 21.53g (23.92%), Cholesterol: 949.07mg (316.36%), Sodium: 15979.99mg (694.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 173.49g (346.98%), Selenium: 247.74µg (353.92%), Vitamin B3: 55.42mg (277.12%), Vitamin B12: 14.91µg (248.42%), Vitamin B6: 4.37mg (218.39%), Zinc: 27.2mg (181.31%), Phosphorus: 1600.94mg (160.09%), Vitamin B2: 1.95mg (114.81%), Vitamin B5: 7.72mg (77.18%), Iron: 11.62mg (64.56%), Copper: 1.24mg (61.89%), Magnesium: 197.35mg (49.34%), Potassium: 1713.75mg (48.96%), Vitamin B1: 0.53mg (35.14%), Calcium: 316.66mg (31.67%), Vitamin C: 25.63mg (31.07%), Manganese: 0.59mg (29.64%), Folate: 82.11µg (20.53%), Vitamin D: 2.84µg (18.91%), Fiber: 4.06g (16.26%), Vitamin A: 676.13IU (13.52%), Vitamin E: 1.59mg (10.59%), Vitamin K: 2.13µg (2.03%)