

Grilled Turkey

 Gluten Free  Dairy Free

READY IN



240 min.

SERVINGS



24

CALORIES



256 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 large onion diced
- 750 milliliter red wine
- 24 servings salt and pepper to taste
- 12 pounds turkey whole

Equipment

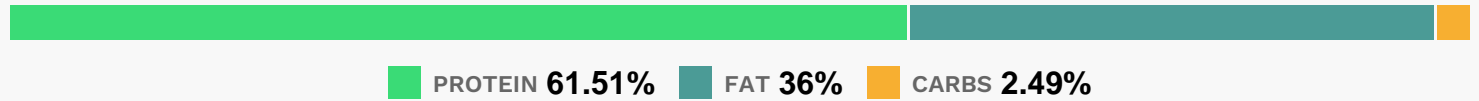
- frying pan
- pot
- roasting pan

- grill
- aluminum foil

Directions

- In a pot style grill, fill the bottom with a 5 pound bag of charcoals. Light the charcoal, and when ready, spread to cover the bottom of grill.
- Wash the turkey down and stuff with onion. Rub the exterior down with salt and pepper.
- Place the turkey in a deep aluminum roasting pan.
- Place the pan on the grill's grate.
- Pour wine over the turkey. Cover the top of the turkey with foil.
- Cover the grill with the lid and open the vents. Grill the turkey for 60 to 90 minutes, or until meat is to your liking. Baste frequently. You might need to add water to the pan if the wine evaporates.

Nutrition Facts



Properties

Glycemic Index:1.75, Glycemic Load:0.25, Inflammation Score:-4, Nutrition Score:14.518695759385%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.63mg, Petunidin: 0.63mg, Petunidin: 0.63mg, Petunidin: 0.63mg Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg Malvidin: 4.39mg, Malvidin: 4.39mg, Malvidin: 4.39mg, Malvidin: 4.39mg Peonidin: 0.4mg, Peonidin: 0.4mg, Peonidin: 0.4mg, Peonidin: 0.4mg Catechin: 2.26mg, Catechin: 2.26mg, Catechin: 2.26mg, Catechin: 2.26mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 256.49kcal (12.82%), Fat: 9.09g (13.98%), Saturated Fat: 2.36g (14.72%), Carbohydrates: 1.41g (0.47%), Net Carbohydrates: 1.3g (0.47%), Sugar: 0.56g (0.62%), Cholesterol: 115.94mg (38.65%), Sodium: 375.66mg (16.33%), Alcohol: 3.36g (100%), Alcohol %: 2.13% (100%), Protein: 34.94g (69.87%), Vitamin B3: 12.37mg (61.83%), Vitamin B6: 0.99mg (49.51%), Selenium: 34.39µg (49.13%), Vitamin B12: 1.96µg (32.74%), Phosphorus: 303.78mg (30.38%), Zinc: 2.92mg (19.48%), Vitamin B2: 0.31mg (18.2%), Vitamin B5: 1.32mg (13.23%), Potassium: 410.12mg (11.72%), Magnesium: 44.69mg (11.17%), Iron: 1.55mg (8.59%), Copper: 0.13mg (6.5%), Vitamin B1: 0.08mg (5.45%), Manganese: 0.07mg (3.49%), Vitamin D: 0.48µg (3.22%), Folate: 12.78µg (3.19%), Calcium: 21.81mg (2.18%), Vitamin A: 90.93IU (1.82%)