



Herb and Mustard Turkey with Green Onion Gravy



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 teaspoons cornstarch
- ☐ 1 tablespoon dijon mustard
- ☐ 1 tablespoon sage fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 0.3 cup green onion tops finely chopped
- ☐ 3 green onions chopped
- ☐ 1.3 teaspoons coarsely ground pepper black

- ☐ 0.5 cup heavy whipping cream
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon parsley fresh italian chopped
- ☐ 10 parsley sprigs fresh italian
- ☐ 6 sage sprigs fresh
- ☐ 1.5 teaspoons salt
- ☐ 6 thyme sprigs fresh
- ☐ 14 pound turkey dry rinsed for shortcut turkey stock
- ☐ 2 cups shortcut turkey stock ()
- ☐ 0.8 cup butter unsalted room temperature ()
- ☐ 2 tablespoons water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ measuring cup

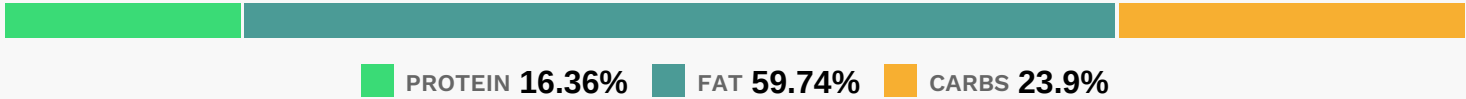
Directions

- ☐ Whisk all ingredients in medium bowl. DO AHEAD: Can be made 2 days ahead. Cover and chill. Bring to room temperature before using.
- ☐ Set rack at lowest position in oven and preheat to 325°F.
- ☐ Sprinkle main turkey cavity with salt and pepper and spread with 2 tablespoons herb-mustard butter. Starting at neck end of turkey, carefully slide hand between skin and meat of

breast, thighs, and upper drumsticks to loosen skin.

- ☐ Spread herb butter over thigh and drumsticks, then over breast meat under skin. Fill main cavity with parsley, sage, and thyme sprigs. Tie legs together loosely. Tuck wing tips under.
- ☐ Place turkey on rack set in large roasting pan. Rub outside of turkey all over with oil; sprinkle with salt and pepper.
- ☐ Pour stock into pan. Roast turkey until thermometer inserted into thickest part of thigh registers 165°F to 170°F, about 3 hours. Tilt turkey so juices from main cavity run into pan.
- ☐ Transfer turkey to platter. Tent very loosely with foil; let rest at least 30 minutes (internal temperature will rise 5 to 10 degrees). Reserve pan.
- ☐ Scrape juices and browned bits from reserved roasting pan into large glass measuring cup. Spoon off fat, reserving 2 tablespoons.
- ☐ Add enough stock to pan juices to measure 2 cups.
- ☐ Whisk together 2 tablespoons water and cornstarch in small bowl until smooth.
- ☐ Heat 2 tablespoons reserved fat in large saucepan over medium heat.
- ☐ Add white parts of green onions. Sauté until beginning to color, about 6 minutes.
- ☐ Add degreased pan juices, 2 cups stock, and cream.
- ☐ Whisk in cornstarch mixture. Simmer until reduced to desired consistency, whisking occasionally, about 8 minutes. Stir in herbs and green onion tops. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.16, Inflammation Score:-8, Nutrition Score:15.791304412095%

Flavonoids

Apigenin: 2.53mg, Apigenin: 2.53mg, Apigenin: 2.53mg, Apigenin: 2.53mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 368.3kcal (18.41%), Fat: 24.35g (37.46%), Saturated Fat: 11.74g (73.39%), Carbohydrates: 21.92g (7.31%), Net Carbohydrates: 21.49g (7.81%), Sugar: 9.45g (10.5%), Cholesterol: 58.77mg (19.59%), Sodium: 1123.74mg (48.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.01g (30.01%), Copper: 1.9mg (95.12%), Vitamin B3: 9.06mg (45.32%), Vitamin K: 35.31µg (33.62%), Vitamin B2: 0.52mg (30.44%), Selenium: 13.44µg (19.2%), Potassium: 643.31mg (18.38%), Vitamin B6: 0.36mg (17.96%), Phosphorus: 168.16mg (16.82%), Vitamin A: 706.96IU (14.14%), Vitamin B1: 0.21mg (14.02%), Iron: 1.6mg (8.88%), Folate: 35.15µg (8.79%), Magnesium: 28.42mg (7.11%), Vitamin E: 0.97mg (6.49%), Zinc: 0.9mg (6.01%), Vitamin C: 4.91mg (5.95%), Manganese: 0.11mg (5.39%), Calcium: 40.89mg (4.09%), Vitamin D: 0.37µg (2.48%), Fiber: 0.43g (1.73%)