



 **51%**
HEALTH SCORE

Herb and Pear Glazed Turkey

 **Gluten Free**

READY IN



220 min.

SERVINGS



8

CALORIES



953 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 ounce honey bbq chicken glaze seasoning
- 1 bunch herbs such as parsley mixed fresh
- 1 pears
- 12 ounce pear nectar canned
- 14 pound turkey fresh
- 1 stick butter unsalted softened

Equipment

- frying pan

- oven
- pot
- roasting pan
- aluminum foil

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Remove the turkey from the refrigerator 45 minutes before you are ready to cook it so that it can come to room temperature.
- Mix the butter with the seasoning packet. Reserve 2 tablespoons of the seasoned butter for the glaze and rub the remaining 6 tablespoons all over the turkey, inside and out, as well as under the skin.
- Cut the pear into quarters and put them into the cavity along with the herbs. Tie up the legs and put the turkey, breast side up, onto the rack in a roasting pan.
- Pour 1/2 cup water into the pan and roast for 2 1/2 hours, basting with the pan juices every 15 minutes, while you prepare the glaze.
- In a small pot over medium-high heat, add the pear nectar. Cook, stirring frequently, until the nectar is reduced by 1/3, about 10 minutes.
- Remove from the heat and stir in the reserved 2 tablespoons seasoned butter. When the turkey has cooked for 2 1/2 hours, start basting the turkey with the glaze every 15 minutes until the internal temperature is 165 degrees F in the thickest part of the thigh. If the turkey starts to brown too quickly, cover with a piece of aluminum foil.
- Remove the turkey from the oven, give it one last basting, and let it rest for 15 to 20 minutes before carving.

Nutrition Facts

 **PROTEIN 52.23%**  **FAT 41.81%**  **CARBS 5.96%**

Properties

Glycemic Index:8.59, Glycemic Load:1.06, Inflammation Score:-9, Nutrition Score:46.318260773369%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 15.35mg, Apigenin: 15.35mg, Apigenin: 15.35mg, Apigenin: 15.35mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 953.02kcal (47.65%), Fat: 43.74g (67.28%), Saturated Fat: 15.68g (98%), Carbohydrates: 14.05g (4.68%), Net Carbohydrates: 12.27g (4.46%), Sugar: 9.2g (10.23%), Cholesterol: 436.15mg (145.38%), Sodium: 640.12mg (27.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 122.93g (245.86%), Vitamin B3: 43.35mg (216.77%), Vitamin B6: 3.47mg (173.27%), Selenium: 120.6µg (172.28%), Vitamin K: 162.39µg (154.66%), Vitamin B12: 6.9µg (115%), Phosphorus: 1051.92mg (105.19%), Zinc: 10.34mg (68.93%), Vitamin B2: 1.08mg (63.29%), Vitamin B5: 4.64mg (46.35%), Iron: 7.32mg (40.66%), Magnesium: 159.48mg (39.87%), Potassium: 1373mg (39.23%), Vitamin A: 1414.7IU (28.29%), Copper: 0.54mg (26.92%), Manganese: 0.47mg (23.38%), Vitamin B1: 0.29mg (19.66%), Folate: 60.02µg (15.01%), Vitamin C: 11.54mg (13.99%), Calcium: 132.29mg (13.23%), Vitamin D: 1.9µg (12.68%), Fiber: 1.78g (7.12%), Vitamin E: 1.01mg (6.71%)