



Herb Butter Roasted Turkey

 **Gluten Free**  **Low Fod Map**

READY IN



285 min.

SERVINGS



14

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup butter softened
- 2 tablespoons flat parsley
- 1 tablespoon chives fresh
- 1 teaspoon rosemary fresh chopped
- 1 tablespoon sage fresh
- 1 tablespoon thyme leaves fresh
- 0.3 teaspoon ground pepper
- 0.5 teaspoon salt

- 14 pound turkey

Equipment

- oven
- roasting pan
- aluminum foil

Directions

- Preheat the oven to 425 degrees F.
- Remove giblets and neck from the cavity of the turkey. Rinse and dry bird. Fold wing tips behind the turkey. Season the cavity with salt and pepper.
- Combine butter and fresh herbs.
- Starting at the neck end of the turkey, loosen the skin by sliding your fingers underneath it, being careful not to tear it. Slide your hand as far as you can toward the other end of the turkey, separating the skin from the meat. Rub two-thirds of the herb butter over the entire breast. Tie drumsticks in front.
- Place the bird on a rack in a roasting pan breast-side up; cover loosely with a foil tent.
- Place bird in oven and decrease the temperature to 350 degrees F.
- Bake 3 to 3 1/2 hours.
- Melt remaining herb butter.
- Remove foil tent from turkey during the last 45 minutes of baking and baste once with melted butter.
- The turkey is done when the thigh meat reaches an internal temperature of 180 degrees F and the breast meat reaches an internal temperature of 170 degrees F. When the turkey is done, remove from the oven; let stand 30 minutes before carving.

Nutrition Facts

PROTEIN 49.68% **FAT 50.13%** **CARBS 0.19%**

Properties

Glycemic Index:14.57, Glycemic Load:0.04, Inflammation Score:-8, Nutrition Score:31.286956851897%

Flavonoids

Apigenin: 1.24mg, Apigenin: 1.24mg, Apigenin: 1.24mg, Apigenin: 1.24mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 571.84kcal (28.59%), Fat: 31.35g (48.23%), Saturated Fat: 13.06g (81.6%), Carbohydrates: 0.27g (0.09%), Net Carbohydrates: 0.14g (0.05%), Sugar: 0.21g (0.24%), Cholesterol: 266.74mg (88.91%), Sodium: 548.41mg (23.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 69.9g (139.81%), Vitamin B3: 24.6mg (123%), Selenium: 68.76µg (98.23%), Vitamin B6: 1.93mg (96.61%), Copper: 1.55mg (77.58%), Vitamin B12: 3.96µg (65.94%), Phosphorus: 594.45mg (59.44%), Zinc: 5.77mg (38.48%), Vitamin B2: 0.61mg (35.59%), Vitamin B5: 2.64mg (26.35%), Potassium: 734.5mg (20.99%), Magnesium: 82.81mg (20.7%), Iron: 2.95mg (16.4%), Vitamin A: 667.17IU (13.34%), Vitamin B1: 0.16mg (10.51%), Vitamin K: 11.02µg (10.5%), Vitamin D: 0.97µg (6.44%), Folate: 24.36µg (6.09%), Manganese: 0.1mg (4.82%), Calcium: 45.37mg (4.54%), Vitamin E: 0.67mg (4.47%), Vitamin C: 1.69mg (2.04%)