



 **59%**  
HEALTH SCORE

## Herb Roasted and Braised Turkey

 Very Healthy

READY IN



295 min.

SERVINGS



8

CALORIES



1414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 large carrots cut into 1-inch pieces
- 3 large stalks celery cut into 1-inch pieces
- 12 cups chicken stock see homemade
- 2 tablespoons flour all-purpose
- 2 tablespoons flat-leaf parsley fresh finely chopped
- 8 servings herbs mixed fresh such as parsley, rosemary, sage and thyme. optional chopped
- 2 tablespoons rosemary fresh finely chopped
- 2 tablespoons sage fresh finely chopped

- 2 tablespoons thyme leaves fresh finely chopped
- 2 large onions quartered
- 1 head roasted garlic peeled
- 8 servings salt and pepper black freshly ground
- 17 pound turkey fresh whole dry rinsed well
- 1.3 sticks butter unsalted softened
- 2 tablespoons butter unsalted
- 8 servings splash of white wine

## Equipment

- food processor
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- roasting pan
- kitchen thermometer
- aluminum foil

## Directions

- Remove the turkey from the refrigerator 1 hour before roasting.
- Combine the butter, parsley, rosemary, sage and thyme and in a food processor and process until smooth. Season with salt and pepper.
- Preheat the oven to 450 degrees F.
- Sprinkle the cavity of the turkey with salt and pepper and fill the cavity with half the carrots, celery and onions. Rub the entire turkey with the herb butter and sprinkle liberally with salt and pepper.

- Put 4 cups of the chicken stock in a medium saucepan and keep warm over low heat.
- Place the remaining vegetables on the bottom of a large roasting pan.
- Put the turkey on top of the vegetables, put in the oven and roast until lightly golden brown, about 45 minutes. Reduce the heat to 350 degrees F and continue roasting, basting with the warm chicken stock every 15 minutes, 2 to 2 hours 15 minutes hours longer. (An instant-read thermometer inserted in the thigh should register 160 degrees F.)
- Remove the turkey from the oven, transfer to baking sheet, tent loosely with foil and let rest 30 minutes before slicing.
- Remove the legs for braising. Strain the drippings into a bowl and discard the solids.
- Add enough stock to make 4 cups liquid.
- Bring the liquid to a simmer, transfer to a roasting pan, add the legs, cover with foil and braise until tender in a 350 F degree oven about 1 hour.
- For the gravy: Melt the butter in a medium pan over high heat.
- Add the roasted garlic and cook for a minute.
- Whisk in the flour and cook until lightly golden brown. Slowly whisk the drippings into the flour mixture, bring to a boil and whisk until the mixture begins to thicken and the flour taste has been cooked out, about 5 minutes.
- Add a splash of the white wine if desired and cook for 1 minute longer. Fold in fresh herbs if desired and season with salt and pepper.
- Serve immediately.

## Nutrition Facts



### Properties

Glycemic Index:45.85, Glycemic Load:3.77, Inflammation Score:-10, Nutrition Score:59.16739148679%

### Flavonoids

Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Apigenin: 11.25mg, Apigenin: 11.25mg, Apigenin: 11.25mg, Apigenin: 11.25mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Isorhamnetin:

1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg

## **Nutrients (% of daily need)**

Calories: 1413.64kcal (70.68%), Fat: 60.42g (92.95%), Saturated Fat: 22.13g (138.32%), Carbohydrates: 26.83g (8.94%), Net Carbohydrates: 24.46g (8.9%), Sugar: 10.68g (11.86%), Cholesterol: 549.02mg (183.01%), Sodium: 1326.9mg (57.69%), Alcohol: 15.14g (100%), Alcohol %: 1.47% (100%), Protein: 158.97g (317.94%), Vitamin B3: 58.67mg (293.37%), Copper: 5.34mg (267.14%), Vitamin B6: 4.54mg (227.16%), Selenium: 155.46µg (222.09%), Phosphorus: 1418.21mg (141.82%), Vitamin B12: 8.39µg (139.75%), Vitamin A: 6021.28IU (120.43%), Vitamin B2: 1.66mg (97.92%), Vitamin K: 93.13µg (88.69%), Zinc: 13.2mg (88.01%), Potassium: 2266.02mg (64.74%), Vitamin B5: 5.86mg (58.58%), Magnesium: 219.02mg (54.75%), Iron: 8.2mg (45.58%), Vitamin B1: 0.53mg (35.51%), Manganese: 0.63mg (31.68%), Folate: 98.15µg (24.54%), Vitamin C: 16.21mg (19.64%), Calcium: 160.39mg (16.04%), Vitamin D: 2.37µg (15.8%), Vitamin E: 1.48mg (9.89%), Fiber: 2.37g (9.48%)