



Herb Roasted Turkey

READY IN



165 min.

SERVINGS



12

CALORIES



633 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 lb turkey whole
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 sprigs rosemary leaves fresh
- ☐ 2 sprigs thyme sprigs fresh
- ☐ 2 sprigs sage fresh
- ☐ 2 sprigs oregano
- ☐ 1 optional: lemon halved

- ☐ 2 carrots halved
- ☐ 4 celery stalks halved
- ☐ 64 oz chicken broth
- ☐ 4 cups water
- ☐ 0.8 cup flour all-purpose
- ☐ 0.8 cup butter

Equipment

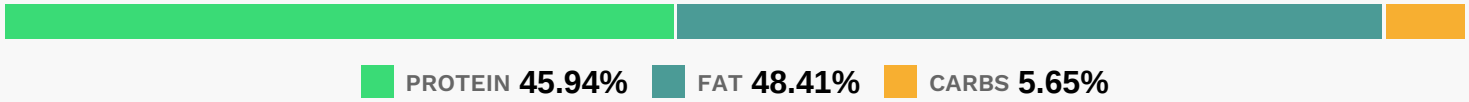
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Heat oven to 375°F.
- ☐ Wash the turkey, inside and out, and dry well. Coat inside and outside with olive oil. Season turkey on the outside with salt and pepper, pressing it in to adhere.
- ☐ Place 2 rosemary sprigs, 1 thyme sprig, 1 sage sprig, 1 oregano sprig and lemon halves inside the cavity of the turkey.
- ☐ Place cooling rack or roasting rack in bottom of large roasting pan.
- ☐ Place turkey on rack, and arrange carrots, celery and remaining herbs on bottom of pan around turkey.
- ☐ Pour 4 cups (1 carton) chicken broth and water over vegetables and herbs.
- ☐ Roast until an instant-read thermometer (inserted deep into the thigh but away from the bone) reads 165°F and juices in the thigh run clear when pierced with a fork, about 2 to 2 1/2 hours, basting with pan broth every 30 minutes.
- ☐ Remove turkey from the pan and let rest for 15 minutes before carving. Strain and reserve pan juices, and discard vegetables.

- ☐
- While turkey is resting, make the gravy. In a medium heavy saucepan, cook flour and butter over medium heat for 3 to 4 minutes, or until a blond roux is formed.
- ☐
- Add pan juices and 4 cups (1 carton) of chicken broth; heat to boiling over high heat. Reduce the heat and let simmer until thickened and ready to serve.
- ☐
- Carve turkey as desired, and serve with gravy.

Nutrition Facts



Properties

Glycemic Index:25.94, Glycemic Load:4.82, Inflammation Score:-9, Nutrition Score:32.589130526004%

Flavonoids

Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 632.62kcal (31.63%), Fat: 33.64g (51.76%), Saturated Fat: 12.53g (78.31%), Carbohydrates: 8.83g (2.94%), Net Carbohydrates: 7.86g (2.86%), Sugar: 1.61g (1.79%), Cholesterol: 265.4mg (88.47%), Sodium: 1219.21mg (53.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 71.84g (143.68%), Vitamin B3: 25.51mg (127.53%), Selenium: 72.06µg (102.95%), Vitamin B6: 1.96mg (97.98%), Vitamin B12: 3.98µg (66.39%), Phosphorus: 613.4mg (61.34%), Vitamin A: 2259.1IU (45.18%), Vitamin B2: 0.74mg (43.51%), Zinc: 5.96mg (39.73%), Vitamin B5: 2.73mg (27.29%), Copper: 0.51mg (25.61%), Potassium: 815.65mg (23.3%), Magnesium: 88.35mg (22.09%), Iron: 3.52mg (19.55%), Vitamin B1: 0.26mg (17.33%), Manganese: 0.22mg (10.88%), Folate: 41.57µg (10.39%), Vitamin E: 1.33mg (8.89%), Vitamin C: 5.69mg (6.9%), Vitamin K: 7.07µg (6.73%), Vitamin D: 0.97µg (6.44%), Calcium: 61.69mg (6.17%), Fiber: 0.96g (3.85%)