



HEALTH SCORE

61%

Herb Roasted Turkey



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



1186 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



6 cups chicken stock see homemade store-bought



2 tablespoons parsley fresh finely chopped



1 tablespoon rosemary leaves fresh finely chopped



1 tablespoon sage fresh finely chopped



1 tablespoon thyme sprigs fresh finely chopped



8 servings pepper black freshly ground

- ☐ 2 large onion quartered
- ☐ 17 pound turkey dry rinsed well
- ☐ 10 tablespoons butter unsalted softened ()

Equipment

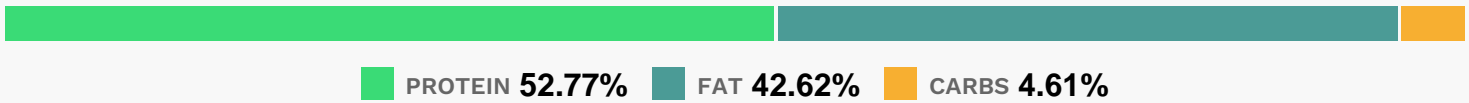
- ☐ food processor
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ roasting pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board
- ☐ cheesecloth

Directions

- ☐ Remove the turkey from the refrigerator 1 hour before roasting.
- ☐ Combine the butter, parsley, sage, rosemary, and thyme in a food processor and process until smooth. Season with salt and pepper.
- ☐ Preheat the oven to 450°F.
- ☐ Put 4 cups of the chicken stock in a medium saucepan and keep warm over low heat.
- ☐ Season the cavity of the turkey with salt and pepper and fill the cavity with half of the carrots, celery, and onions. Rub the entire turkey with the herb butter and season liberally with salt and pepper.
- ☐ Scatter the remaining vegetables on the bottom of a large roasting pan. Fit a rack over the vegetables and put the turkey on top of the rack.
- ☐ Pour the remaining 2 cups stock into the bottom of the roasting pan and carefully put the pan in the oven. Roast until the turkey is light golden brown, about 45 minutes.

- ☐ Reduce the oven temperature to 350°F and continue roasting, basting with the warm chicken stock every 15 minutes, until an instant-read thermometer inserted in the thigh registers 160°F, about 2 1/2 hours longer.
- ☐ Remove the turkey from the oven, transfer to a large cutting board, and tent loosely with foil.
- ☐ Let rest for 30 minutes before carving.
- ☐ Strain the stock in the bottom of the roasting pan through a strainer lined with cheesecloth or paper towels into a medium saucepan. Discard the solids. Boil the stock until reduced to a sauce consistency. Arrange the turkey on a large platter and drizzle with the reduced stock.
- ☐ Reprinted with permission from Bobby Flay's Bar Americain Cookbook by Bobby Flay with Stephanie Banyas and Sally Jackson, (C) 2011 Clarkson PotterBOBBY FLAY, a New York Times bestselling author, is the chef-owner of six fine dining restaurants, including Mesa Grill, Bar Americain, and Bobby Flay Steak, and an expanding roster of Bobby's Burger Palaces. He is the host of numerous popular cooking shows on Food Network, from the Emmy-winning Boy Meets Grill and Grill It! with Bobby Flay, to the Iron Chef America series, Throwdown! with Bobby Flay, and Food Network Star. Brunch @ Bobby's debuted on the Cooking Channel in fall 2010 and America's Next Great Restaurant debuted in March 2011 on NBC. This is his eleventh book. His website is Bobby
- ☐ Flay.com.
- ☐ add notes my notes
- ☐ edit my notes
- ☐ done

Nutrition Facts



Properties

Glycemic Index:26.85, Glycemic Load:1.76, Inflammation Score:-10, Nutrition Score:52.586521791375%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 2.61mg, Apigenin: 2.61mg, Apigenin: 2.61mg, Apigenin: 2.61mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg

Nutrients (% of daily need)

Calories: 1186.3kcal (59.32%), Fat: 55.16g (84.86%), Saturated Fat: 19.63g (122.7%), Carbohydrates: 13.42g (4.47%), Net Carbohydrates: 11.52g (4.19%), Sugar: 6.35g (7.05%), Cholesterol: 535.76mg (178.59%), Sodium: 1058.7mg (46.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 153.68g (307.35%), Vitamin B3: 55.46mg (277.32%), Vitamin B6: 4.31mg (215.4%), Selenium: 150.18µg (214.55%), Copper: 2.94mg (147.04%), Vitamin B12: 8.38µg (139.65%), Phosphorus: 1331.21mg (133.12%), Vitamin A: 5538.35IU (110.77%), Vitamin B2: 1.47mg (86.23%), Zinc: 12.64mg (84.28%), Vitamin B5: 5.74mg (57.37%), Potassium: 1923.38mg (54.95%), Magnesium: 190.85mg (47.71%), Iron: 6.78mg (37.68%), Vitamin B1: 0.43mg (28.95%), Vitamin K: 26.26µg (25.01%), Folate: 77.29µg (19.32%), Vitamin D: 2.32µg (15.44%), Manganese: 0.29mg (14.58%), Calcium: 119.49mg (11.95%), Vitamin C: 7.98mg (9.67%), Vitamin E: 1.31mg (8.74%), Fiber: 1.9g (7.61%)