



Herb-Roasted Turkey

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



623 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons pepper black freshly ground
- ☐ 1 tablespoon rosemary leaves fresh minced
- ☐ 1 tablespoon sage fresh minced
- ☐ 1 tablespoon thyme sprigs fresh minced
- ☐ 3 tablespoons kosher salt
- ☐ 1 optional: lemon quartered
- ☐ 1 tablespoon lemon zest finely grated
- ☐ 1 medium onion quartered

- ☐ 1 cranberry–orange relish quartered
- ☐ 12 pound turkey for 1 hour at room temperature
- ☐ 6 tablespoons butter unsalted room temperature ()

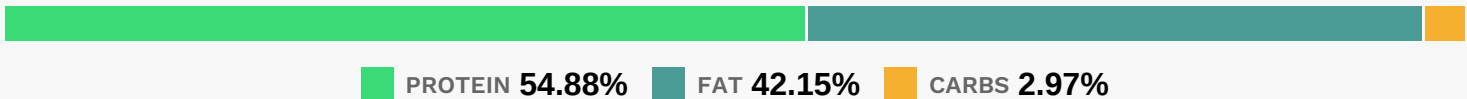
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 450°F. Set a rack inside a largeroasting pan. Pat turkey dry with paper towels.Rub bird inside and out with salt and pepper.
- ☐ Place turkey on the rack in the pan. Using a fork,mix butter, lemon zest, rosemary, sage, andthyme in a small bowl. Rub herb butter over topof turkey and inside cavity.
- ☐ Place onion, orange, and lemon insideturkey cavity. Tuck tips of wings under bird(this prevents them from burning during thelong roasting time).
- ☐ Pour 4 cups water intopan. Roast turkey, uncovered, for 30 minutes.Reduce oven temperature to 325°F. Basteturkey with pan juices; add more water ifneeded to maintain at least 1/4" liquid in thebottom of roasting pan. Continue roastingturkey, basting every 30 minutes and tentingwith foil if skin is turning too dark, until aninstant–read thermometer inserted into thickestpart of the thigh without touching boneregisters 165°F (juices should run clear whenthermometer is removed), about 2 3/4 hours total.
- ☐ Transfer turkey to a platter. Tent with foil andlet rest for 1 hour before carving.

Nutrition Facts



Properties

Glycemic Index:17.2, Glycemic Load:1.07, Inflammation Score:-8, Nutrition Score:36.413043498993%

Flavonoids

Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg Hesperetin: 6.58mg, Hesperetin: 6.58mg, Hesperetin: 6.58mg, Hesperetin: 6.58mg Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 623.21kcal (31.16%), Fat: 28.75g (44.24%), Saturated Fat: 10.01g (62.57%), Carbohydrates: 4.57g (1.52%), Net Carbohydrates: 3.31g (1.2%), Sugar: 2.23g (2.48%), Cholesterol: 296.31mg (98.77%), Sodium: 2527.71mg (109.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 84.24g (168.48%), Vitamin B3: 29.58mg (147.91%), Selenium: 82.62µg (118.03%), Vitamin B6: 2.35mg (117.58%), Copper: 2.15mg (107.53%), Vitamin B12: 4.73µg (78.82%), Phosphorus: 718.58mg (71.86%), Zinc: 6.96mg (46.43%), Vitamin B2: 0.73mg (43.21%), Vitamin B5: 3.23mg (32.29%), Potassium: 943.87mg (26.97%), Magnesium: 104.06mg (26.02%), Iron: 3.74mg (20.77%), Vitamin C: 15.45mg (18.72%), Vitamin B1: 0.21mg (14.01%), Manganese: 0.26mg (13.06%), Vitamin A: 502.73IU (10.05%), Folate: 35.28µg (8.82%), Vitamin D: 1.29µg (8.57%), Calcium: 68.59mg (6.86%), Fiber: 1.26g (5.06%), Vitamin E: 0.6mg (3.97%), Vitamin K: 2.11µg (2.01%)