



Herb-Roasted Turkey

 Gluten Free

READY IN



360 min.

SERVINGS



8

CALORIES



906 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 2 carrots chopped
- ☐ 2 rib celery stalks chopped
- ☐ 0.5 teaspoon tarragon dried
- ☐ 1 teaspoon thyme dried
- ☐ 1 cup wine dry white
- ☐ 1 garlic halved
- ☐ 1 teaspoon ground sage

- ☐ 2 medium onion chopped
- ☐ 1 teaspoon pepper
- ☐ 8 servings sage fresh
- ☐ 3 teaspoons salt
- ☐ 8 servings green beans
- ☐ 14 lb turkey fresh whole

Equipment

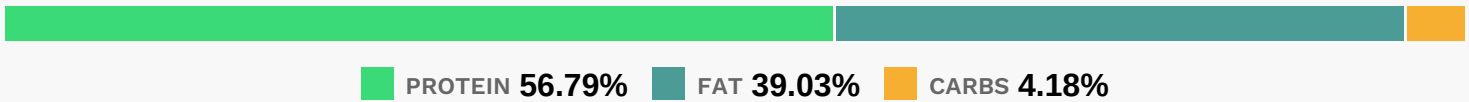
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ kitchen twine

Directions

- ☐ Remove giblets and neck from turkey, and rinse turkey with cold water.
- ☐ Drain cavity well; pat dry. Tie ends of legs together with kitchen string; tuck wingtips under.
- ☐ Place, breast side up, on a lightly greased roasting rack in a large roasting pan.
- ☐ Let stand at room temperature 1 hour.
- ☐ Preheat oven to 40
- ☐ Stir together thyme, next 2 ingredients, 1 1/2 tsp. salt, and 1/2 tsp. pepper; rub mixture into cavity of turkey. Rub butter over turkey.
- ☐ Sprinkle remaining salt and pepper over outside of turkey; rub into skin. Arrange onions and next 3 ingredients around base of turkey in roasting pan; add wine and 1 cup water to pan.
- ☐ Place turkey in oven; reduce oven temperature to 32
- ☐ Bake at 325 for 3 hours or until a meat thermometer inserted into thickest portion of thigh registers 16
- ☐ Remove turkey from oven; increase heat to 42

- ☐
- Baste turkey with pan juices, and let stand 15 minutes; return to oven.
- ☐
- Bake at 425 for 10 to 15 minutes or until golden brown and thermometer registers 16
- ☐
- Let turkey stand in pan 30 minutes; transfer to a serving platter. Reserve pan drippings for Easy Turkey Gravy, if desired.
- ☐
- *Frozen whole turkey, thawed, may be substituted.
- ☐
- Recipe brought to the table by chef Frank Stitt of Highlands Bar and Grill in Birmingham, Alabama.

Nutrition Facts



Properties

Glycemic Index:43.6, Glycemic Load:2.36, Inflammation Score:-10, Nutrition Score:44.966086988864%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 7.14mg, Quercetin: 7.14mg, Quercetin: 7.14mg, Quercetin: 7.14mg

Nutrients (% of daily need)

Calories: 906.46kcal (45.32%), Fat: 37.76g (58.09%), Saturated Fat: 11.94g (74.6%), Carbohydrates: 9.1g (3.03%), Net Carbohydrates: 6.58g (2.39%), Sugar: 4.32g (4.8%), Cholesterol: 421.04mg (140.35%), Sodium: 1565.77mg (68.08%), Alcohol: 3.09g (100%), Alcohol %: 0.56% (100%), Protein: 123.59g (247.17%), Vitamin B3: 43.65mg (218.26%), Vitamin B6: 3.53mg (176.62%), Selenium: 120.71µg (172.44%), Vitamin B12: 6.89µg (114.8%), Phosphorus: 1074.38mg (107.44%), Zinc: 10.31mg (68.76%), Vitamin A: 3433.86IU (68.68%), Vitamin B2: 1.13mg (66.25%), Vitamin B5: 4.8mg (47.98%), Potassium: 1501.2mg (42.89%), Magnesium: 163.77mg (40.94%), Iron: 5.84mg (32.45%), Copper: 0.62mg (31.05%), Vitamin K: 29.24µg (27.84%), Vitamin B1: 0.34mg (22.83%), Manganese: 0.34mg (17.18%), Folate: 67.1µg (16.77%), Vitamin C: 9.9mg (12%), Vitamin D: 1.69µg (11.27%), Calcium: 104.79mg (10.48%), Fiber: 2.52g (10.07%), Vitamin E: 1.02mg (6.78%)