



Herb-Roasted Turkey

 Gluten Free

READY IN



260 min.

SERVINGS



10

CALORIES



699 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons rosemary dried fresh (or 1 Tbsp.)
- ☐ 2 tablespoons sage dried fresh chopped (or 2 tsp.)
- ☐ 3 tablespoons thyme leaves dried fresh chopped (or 1 Tbsp.)
- ☐ 3 cloves garlic crushed
- ☐ 0.5 optional: lemon cut in half
- ☐ 0.3 cup olive oil
- ☐ 0.3 small onion
- ☐ 1 sprig rosemary

- ☐ 10 servings salt and pepper
- ☐ 12 lb turkey thawed
- ☐ 0.3 lb butter unsalted softened

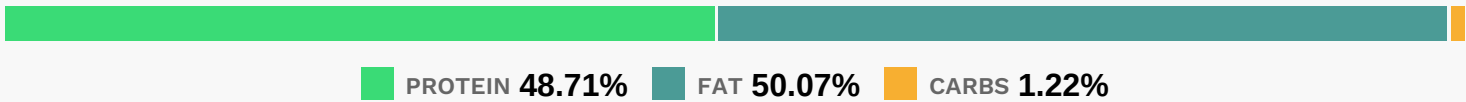
Equipment

- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board
- ☐ kitchen twine

Directions

- ☐ Set a rack in lower third of oven; preheat oven to 325F.
- ☐ Combine oil, butter, garlic, chopped herbs and 1 tsp. each salt and pepper.
- ☐ Remove neck and giblets; discard. Rinse turkey; pat dry. Rub oil-herb mixture over turkey and under skin.
- ☐ Sprinkle salt and pepper inside bird; then stuff it with lemon, onion and herb sprigs. Tuck wings under; tie legs with kitchen twine.
- ☐ Place turkey, breast side up, on rack in roasting pan. Cover loosely with foil. Roast for 3 hours.
- ☐ Remove foil; roast for 1 to 1 1/2 hours, basting every 15 minutes, until a meat thermometer inserted in thickest part of thigh reaches 175F.
- ☐ Place turkey on a cutting board. Tent with foil; let rest for 30 minutes before carving.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:0.21, Inflammation Score:-9, Nutrition Score:33.82521735067%

Flavonoids

Eriodictyol: 1.15mg, Eriodictyol: 1.15mg, Eriodictyol: 1.15mg, Eriodictyol: 1.15mg Hesperetin: 1.51mg, Hesperetin: 1.51mg, Hesperetin: 1.51mg, Hesperetin: 1.51mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 698.86kcal (34.94%), Fat: 38.39g (59.07%), Saturated Fat: 12.55g (78.42%), Carbohydrates: 2.11g (0.7%), Net Carbohydrates: 1.22g (0.44%), Sugar: 0.48g (0.54%), Cholesterol: 302.63mg (100.88%), Sodium: 629.21mg (27.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 84.03g (168.07%), Vitamin B3: 29.6mg (147.99%), Selenium: 82.66µg (118.08%), Vitamin B6: 2.35mg (117.62%), Vitamin B12: 4.73µg (78.9%), Phosphorus: 715.87mg (71.59%), Zinc: 7.01mg (46.7%), Vitamin B2: 0.73mg (42.85%), Vitamin B5: 3.17mg (31.69%), Vitamin K: 32.58µg (31.03%), Iron: 5.06mg (28.1%), Potassium: 900.27mg (25.72%), Magnesium: 102.6mg (25.65%), Copper: 0.32mg (16.01%), Vitamin B1: 0.2mg (13.35%), Vitamin E: 1.78mg (11.84%), Vitamin A: 588.16IU (11.76%), Manganese: 0.18mg (8.96%), Vitamin D: 1.33µg (8.86%), Folate: 33.41µg (8.35%), Calcium: 80.18mg (8.02%), Vitamin C: 4.14mg (5.02%), Fiber: 0.89g (3.58%)