



HEALTH SCORE

89%

Herb-Roasted Turkey with Apple Cider Gravy



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



1154 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons flour
- ☐ 1 cup apple cider
- ☐ 2 tablespoons peppercorns black
- ☐ 2 tablespoons calvados (apple brandy)
- ☐ 2 cups kosher salt
- ☐ 8 large bay leaves fresh
- ☐ 3 tablespoons marjoram fresh minced
- ☐ 1 teaspoon rosemary leaves fresh minced

- ☐ 3 tablespoons sage fresh minced
- ☐ 3 tablespoons thyme sprigs fresh minced
- ☐ 2 large apples i use 2 granny smith apples cored quartered
- ☐ 1 teaspoon nutmeg
- ☐ 4 cups chicken broth
- ☐ 2 large onion quartered
- ☐ 3 tablespoons parsley fresh italian minced
- ☐ 16 pound turkey giblets
- ☐ 0.8 cup butter unsalted room temperature ()
- ☐ 8 quarts water cold
- ☐ 0.5 cup whipping cream
- ☐ 2 tablespoons allspice whole

Equipment

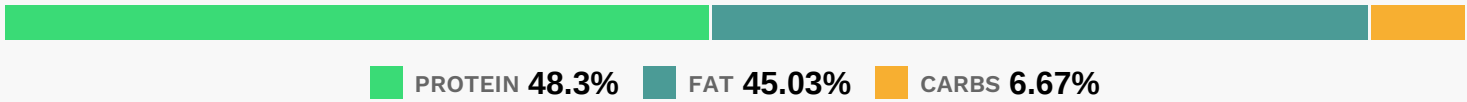
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ plastic wrap
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ measuring cup

Directions

- ☐ Line extra-large pot or bowl with two 13-gallon (or larger) plastic bags, 1 inside the other.
- ☐ Combine 1 quart water, salt, bay leaves, peppercorns, and allspice in large saucepan. Stir over medium heat until salt dissolves.
- ☐ Remove from heat.
- ☐ Add 1 quart cold water and cool to lukewarm.
- ☐ Pour into plastic bags; mix in remaining 6 quarts water. Wrap turkey neck and refrigerate. Submerge turkey in brine to cover completely, gathering bags tightly to eliminate any air; tie bags closed. Refrigerate turkey in brine in pot at least 18 hours and up to 20 hours.
- ☐ Line large roasting pan with 4 layers of paper towels.
- ☐ Remove turkey from brine and drain well; discard brine.
- ☐ Place turkey in prepared pan. Cover with plastic wrap and refrigerate overnight.
- ☐ Mix parsley, thyme, sage, marjoram, rosemary, and nutmeg in small bowl.
- ☐ Transfer 1/4 cup herb mixture to small bowl; mix in 1/2 cup butter.
- ☐ Combine broth and apple cider in heavy large saucepan. Boil until reduced to 3 cups, about 20 minutes.
- ☐ Pour broth reduction into bowl. Melt remaining 1/4 cup butter in same saucepan over medium-high heat.
- ☐ Add flour; stir 1 minute.
- ☐ Whisk in broth reduction, then cream, Calvados, and remaining herb mixture. Bring to boil; reduce heat to medium-low and simmer until gravy base is thickened and reduced to 2 3/4 cups, whisking often, about 20 minutes. Cool gravy base slightly. (Gravy base and herb butter can be made 2 days ahead. Cover and chill.)
- ☐ Position rack in bottom third of oven and preheat to 350°F.
- ☐ Remove turkey from roasting pan; drain any accumulated juices from main cavity. Discard paper towels from roasting pan. Melt herb butter in small saucepan over medium heat.
- ☐ Brush bottom of roasting pan with some of herb butter. Return turkey to prepared pan. Tuck wing tips under; tie legs together loosely to hold shape.
- ☐ Place some apple quarters and onion quarters in main cavity.
- ☐ Brush remaining herb butter over turkey; sprinkle with pepper. Scatter remaining apples and onions around turkey in pan.
- ☐ Add reserved turkey neck to pan.

- ☐ Roast turkey 1 hour. Baste with 1/2 cup apple cider. Roast turkey 30 minutes. Baste with remaining 1/2 cup cider. Roast turkey until thermometer inserted into thickest part of thigh registers 175°F, basting turkey every 30 minutes with pan juices and covering breast loosely with foil if browning too quickly, about 2 hours longer (3 1/2 hours total).
- ☐ Transfer turkey to platter; let stand at least 30 minutes before carving (internal temperature will rise 5 to 10 degrees).
- ☐ Discard apples, onions, and turkey neck from pan.
- ☐ Pour pan juices into large glass measuring cup; spoon off fat from surface.
- ☐ Pour degreased juices into gravy base and bring to boil over medium-high heat, whisking occasionally. Boil until gravy thickens enough to coat spoon and is reduced to 3 1/2 cups, about 15 minutes. Season gravy to taste with pepper.
- ☐ Serve turkey with gravy.

Nutrition Facts



Properties

Glycemic Index:41.58, Glycemic Load:5.07, Inflammation Score:-10, Nutrition Score:70.284782699917%

Flavonoids

Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 4.47mg, Epicatechin: 4.47mg, Epicatechin: 4.47mg, Epicatechin: 4.47mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 3.93mg, Apigenin: 3.93mg, Apigenin: 3.93mg, Apigenin: 3.93mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 8.02mg, Quercetin: 8.02mg, Quercetin: 8.02mg, Quercetin: 8.02mg

Nutrients (% of daily need)

Calories: 1154.13kcal (57.71%), Fat: 56.18g (86.43%), Saturated Fat: 22.4g (140.02%), Carbohydrates: 18.71g (6.24%), Net Carbohydrates: 15.67g (5.7%), Sugar: 8.75g (9.72%), Cholesterol: 2466.79mg (822.26%), Sodium: 23698.43mg (1030.37%), Alcohol: 1g (100%), Alcohol %: 0.07% (100%), Protein: 135.57g (271.14%), Vitamin A: 96184.08IU (1923.68%), Vitamin B12: 94.93µg (1582.08%), Folate: 2419.2µg (604.8%), Vitamin B2: 10.22mg (601.17%), Selenium:

359.46µg (513.51%), Copper: 9.92mg (495.81%), Vitamin B3: 64.76mg (323.8%), Vitamin B5: 28.4mg (284.03%), Iron: 44.63mg (247.97%), Vitamin B6: 4.84mg (241.97%), Phosphorus: 1684.73mg (168.47%), Zinc: 23.94mg (159.61%), Manganese: 2.05mg (102.63%), Vitamin B1: 1.14mg (76.06%), Potassium: 1728.87mg (49.4%), Magnesium: 189.94mg (47.49%), Vitamin D: 6.25µg (41.68%), Vitamin K: 38.38µg (36.55%), Calcium: 236.85mg (23.69%), Vitamin E: 2.44mg (16.29%), Vitamin C: 10.91mg (13.22%), Fiber: 3.04g (12.17%)