



Herb-Roasted Turkey with Cheese Grits

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



587 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 12 servings cheese grits
- ☐ 2 tablespoons garlic minced
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 lemons cut in half
- ☐ 1 rosemary sprig
- ☐ 1 sage sprig
- ☐ 2 tablespoons shallots minced

- ☐ 12 thyme sprigs
- ☐ 12 pound turkey fresh thawed

Equipment

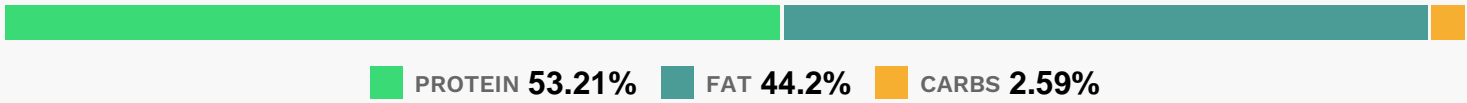
- ☐ bowl
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Preheat oven to 350
- ☐ Remove leaves from thyme sprigs to measure 2 tablespoons chopped; reserve stems.
- ☐ Remove leaves from rosemary sprig to measure 2 tablespoons chopped; reserve stem.
- ☐ Remove the leaves from sage sprig to measure 2 tablespoons chopped; reserve stem.
- ☐ Combine the chopped thyme, chopped rosemary, chopped sage, garlic, shallots, and pepper in a small bowl.
- ☐ Remove and discard giblets and neck from turkey. Rinse turkey with cold water, and pat dry. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat. Rub herb mixture under loosened skin and sprinkle in body cavity.
- ☐ Drizzle lemon juice over skin.
- ☐ Place reserved stems and lemon halves in body cavity. Tie ends of legs with cord. Lift wing tips up and over back; tuck under turkey.
- ☐ Place turkey on a broiler pan coated with cooking spray or on a rack set in a shallow roasting pan. Insert meat thermometer into meaty part of thigh, making sure not to touch bone.
- ☐ Bake at 350 for 3 hours or until thermometer registers 180
- ☐ (Cover turkey loosely with foil if it gets too brown.)

- ☐ Remove turkey from oven. Cover loosely with foil; let stand 10 minutes before carving. Discard skin.
- ☐ Serve with Cheese Grits.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:0.76, Inflammation Score:-8, Nutrition Score:31.85608695901%

Flavonoids

Eriodictyol: 4.03mg, Eriodictyol: 4.03mg, Eriodictyol: 4.03mg, Eriodictyol: 4.03mg Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 587.18kcal (29.36%), Fat: 28.46g (43.78%), Saturated Fat: 10.48g (65.52%), Carbohydrates: 3.75g (1.25%), Net Carbohydrates: 2.96g (1.08%), Sugar: 0.98g (1.09%), Cholesterol: 261.88mg (87.29%), Sodium: 557.85mg (24.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 77.09g (154.19%), Vitamin B3: 24.65mg (123.23%), Selenium: 77.38µg (110.54%), Vitamin B6: 1.99mg (99.62%), Phosphorus: 734.3mg (73.43%), Vitamin B12: 4.25µg (70.78%), Zinc: 6.89mg (45.92%), Vitamin B2: 0.74mg (43.48%), Vitamin B5: 2.79mg (27.94%), Calcium: 260.38mg (26.04%), Magnesium: 92.87mg (23.22%), Potassium: 792.51mg (22.64%), Iron: 3.16mg (17.58%), Vitamin C: 13.15mg (15.94%), Copper: 0.29mg (14.43%), Vitamin B1: 0.18mg (11.72%), Vitamin A: 534IU (10.68%), Folate: 32.68µg (8.17%), Vitamin D: 1.15µg (7.64%), Manganese: 0.11mg (5.68%), Vitamin E: 0.55mg (3.67%), Fiber: 0.78g (3.13%)