



Herb Roasted Turkey with Cranberry Gravy

READY IN



165 min.

SERVINGS



12

CALORIES



711 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 lb turkey whole frozen thawed
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 sprigs rosemary leaves fresh
- ☐ 2 sprigs thyme sprigs fresh
- ☐ 2 sprigs sage fresh
- ☐ 2 sprigs oregano fresh
- ☐ 1 optional: lemon halved

- ☐ 2 carrots halved
- ☐ 4 celery stalks halved
- ☐ 32 oz chicken broth (4 cups)
- ☐ 4 cups water
- ☐ 2 cups cranberries dried sweetened
- ☐ 1 cup water
- ☐ 0.3 cup sugar
- ☐ 2 teaspoons sage fresh chopped
- ☐ 0.8 cup flour all-purpose
- ☐ 0.8 cup butter
- ☐ 32 oz chicken broth (4 cups)

Equipment

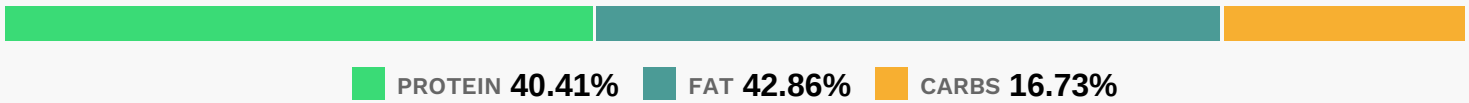
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Heat oven to 375°F. Wash turkey, inside and out and dry well. Coat inside and out with oil. Season turkey on the outside with salt and pepper, pressing it in to adhere.
- ☐ Place 2 rosemary sprigs, 1 thyme sprig, 1 sage sprig, 1 oregano sprig and the lemon halves in turkey cavity. In bottom of large roasting pan, place a cooling or roasting rack.
- ☐ Place seasoned turkey on rack and arrange carrots, celery and the remaining herbs on the bottom of the pan around turkey.
- ☐ Pour 1 carton broth and 4 cups water over vegetables and herbs.
- ☐ Roast uncovered 2 to 2 1/2 hours, basting with pan broth every 30 minutes, until an instant-read thermometer (inserted deep into the thigh but away from the bone) reads at least 165°F.

- ☐ Remove turkey from pan and allow to rest 15 minutes before carving. Strain and reserve pan juices; discard vegetables.
- ☐ Meanwhile, in 2-quart saucepan, heat cranberries, 1 cup water and the sugar to boiling. Reduce heat and simmer 20 minutes or until cranberries are tender; cool about 5 minutes. In blender, puree cranberries with 2 teaspoons sage until smooth; set aside.
- ☐ While turkey is resting, make cranberry gravy. In 3-quart heavy saucepan, cook flour and butter over medium heat 3 to 4 minutes, stirring constantly, just until a blond roux forms.
- ☐ Add reserved pan juices, 1 carton broth and the pureed cranberries; heat to boiling over high heat. Reduce heat and simmer, stirring frequently, until thickened and ready to serve.

Nutrition Facts



Properties

Glycemic Index:31.79, Glycemic Load:7.73, Inflammation Score:-9, Nutrition Score:35.547826041346%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 711.37kcal (35.57%), Fat: 33.89g (52.14%), Saturated Fat: 12.56g (78.48%), Carbohydrates: 29.76g (9.92%), Net Carbohydrates: 27.7g (10.07%), Sugar: 20.44g (22.71%), Cholesterol: 265.4mg (88.47%), Sodium: 1221.26mg (53.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 71.89g (143.78%), Vitamin B3: 25.62mg (128.09%), Selenium: 72.21µg (103.16%), Vitamin B6: 1.97mg (98.36%), Copper: 1.54mg (76.94%), Vitamin B12: 3.98µg (66.39%), Phosphorus: 615.14mg (61.51%), Vitamin A: 2259.1IU (45.18%), Vitamin B2: 0.75mg (43.91%), Zinc: 5.99mg (39.93%), Vitamin B5: 2.77mg (27.72%), Potassium: 827.05mg (23.63%), Magnesium: 89.93mg (22.48%), Iron: 3.64mg (20.2%), Vitamin B1: 0.26mg (17.57%), Manganese: 0.3mg (15.23%), Vitamin E: 1.76mg (11.72%), Folate: 41.57µg (10.39%), Fiber: 2.06g (8.23%), Vitamin K: 8.6µg (8.19%), Vitamin C: 5.73mg (6.95%), Calcium: 66.33mg (6.63%), Vitamin D: 0.97µg (6.44%)