



Herb Roasted Turkey with Cranberry Gravy

READY IN



165 min.

SERVINGS



12

CALORIES



707 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.8 cup butter
- ☐ 2 carrots halved
- ☐ 4 celery stalks halved
- ☐ 32 oz chicken broth (4 cups)
- ☐ 0.8 cup flour all-purpose
- ☐ 3 sprigs rosemary leaves fresh
- ☐ 2 sprigs sage fresh
- ☐ 2 teaspoons sage fresh chopped

- ☐ 2 sprigs thyme sprigs fresh
- ☐ 1 optional: lemon halved
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 sprigs oregano fresh
- ☐ 1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 2 cups cranberries dried sweetened
- ☐ 12 lb turkey whole frozen thawed
- ☐ 1 cup water
- ☐ 4 cups water

Equipment

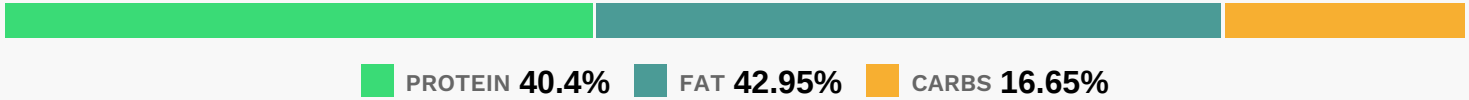
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Heat oven to 375F. 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 165F.

- ☐ 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:35.184782546499%

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: 706.83kcal (35.34%), Fat: 33.73g (51.9%), Saturated Fat: 12.55g (78.42%), Carbohydrates: 29.43g (9.81%), Net Carbohydrates: 27.37g (9.95%), Sugar: 20.11g (22.35%), Cholesterol: 263.89mg (87.96%), Sodium: 940.79mg (40.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 71.41g (142.81%), Vitamin B3: 25.45mg (127.26%), Selenium: 71.91µg (102.72%), Vitamin B6: 1.97mg (98.36%), Copper: 1.53mg (76.38%), Vitamin B12: 3.97µg (66.14%), Phosphorus: 612.12mg (61.21%), Vitamin A: 2257.59IU (45.15%), Vitamin B2: 0.7mg (41.29%), Zinc: 5.94mg (39.57%), Vitamin B5: 2.77mg (27.66%), Potassium: 813.44mg (23.24%), Magnesium: 89.17mg (22.29%), Iron: 3.58mg (19.91%), Vitamin B1: 0.25mg (16.51%), Manganese: 0.27mg (13.49%), Vitamin E: 1.73mg (11.52%), Folate: 41.57µg (10.39%), Fiber: 2.06g (8.23%), Vitamin K: 8.6µg (8.19%), Vitamin C: 5.73mg (6.95%), Vitamin D: 0.97µg (6.44%), Calcium: 63.3mg (6.33%)