



## Herb-Roasted Turkey with Gravy

READY IN



250 min.

SERVINGS



10

CALORIES



778 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 cups chicken broth low-sodium canned
- ☐ 1 teaspoon tarragon dried
- ☐ 2 teaspoons thyme leaves dried
- ☐ 0.3 cup flour all-purpose
- ☐ 1 optional: lemon cut in half
- ☐ 2 tablespoons olive oil
- ☐ 1 onion quartered
- ☐ 1 teaspoon oregano dried
- ☐ 10 servings salt and pepper

- ☐ 15 lb turkey
- ☐ 4 tablespoons butter unsalted

## Equipment

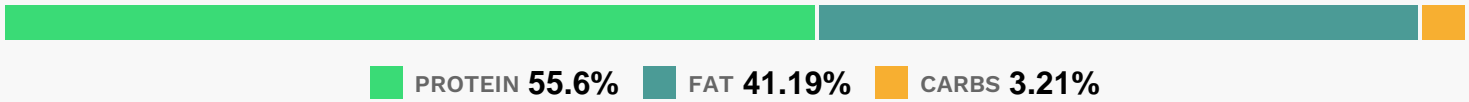
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ stove
- ☐ cutting board

## Directions

- ☐ Preheat oven to 375F.
- ☐ Place a rack in a large roasting pan.
- ☐ Remove excess skin and fat from turkey.
- ☐ Remove and discard neck and giblets. Rinse turkey under cold water and pat dry. Season inside of cavity with salt and pepper.
- ☐ Place onion and lemon inside cavity. Tie legs together and tuck wings under.
- ☐ Melt butter with oil in a small pan over medium high heat. Stir in thyme, oregano and tarragon.
- ☐ Place turkey on rack in roasting pan.
- ☐ Brush with herb mixture. Use your hands to spread and rub mixture into and under skin.
- ☐ Pour 1 cup water into bottom of pan. Reduce oven temperature to 325F; roast turkey until a meat thermometer inserted into thickest part of thigh reads 170F, about 4 hours. Baste every 20 to 30 minutes with juices from bottom of pan.
- ☐ Remove turkey from oven, place on a cutting board and cover loosely with foil; let rest for 20 to 30 minutes.

- ☐ Pour pan juices into a gravy separator or bowl. Skim fat that rises to top, reserving 1/4 cup fat and skimmed pan juices separately.
- ☐ Pour reserved fat into roasting pan, set pan on stove over two burners and turn heat to medium-high.
- ☐ Sprinkle flour over fat and cook, stirring, for 2 minutes.
- ☐ Mixture will be dry and lumpy.
- ☐ Pour in broth and whisk to blend. Strain.
- ☐ Pour pan juices into gravy. Bring to a boil and whisk vigorously until thickened and smooth. Season with salt and pepper
- ☐ Carve turkey and serve gravy on side.

## Nutrition Facts



## Properties

Glycemic Index:20.25, Glycemic Load:2.77, Inflammation Score:-8, Nutrition Score:36.724782363228%

## Flavonoids

Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

## Nutrients (% of daily need)

Calories: 777.96kcal (38.9%), Fat: 34.99g (53.84%), Saturated Fat: 10.43g (65.21%), Carbohydrates: 6.15g (2.05%), Net Carbohydrates: 5.37g (1.95%), Sugar: 1.11g (1.24%), Cholesterol: 359.85mg (119.95%), Sodium: 750.69mg (32.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 106.28g (212.56%), Vitamin B3: 37.82mg (189.1%), Selenium: 104.49µg (149.27%), Vitamin B6: 2.93mg (146.51%), Vitamin B12: 5.95µg (99.17%), Phosphorus: 910.27mg (91.03%), Zinc: 8.73mg (58.21%), Vitamin B2: 0.94mg (55.29%), Vitamin B5: 3.98mg (39.78%), Potassium: 1169.7mg (33.42%), Magnesium: 125.91mg (31.48%), Iron: 4.94mg (27.44%), Copper: 0.42mg (20.79%), Vitamin B1: 0.28mg (18.41%), Folate: 46.46µg (11.61%), Vitamin D: 1.53µg (10.22%), Vitamin A: 432.46IU (8.65%), Vitamin C: 6.74mg (8.17%), Manganese: 0.15mg (7.31%), Calcium: 71.73mg (7.17%), Vitamin E: 1.04mg (6.94%), Vitamin K: 6.81µg (6.48%), Fiber: 0.78g (3.1%)