



Herb-Scented Roast Turkey with Cornbread Stuffing

 Dairy Free

READY IN



350 min.

SERVINGS



16

CALORIES



863 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup butter
- 1.5 cups celery stalks chopped
- 0.8 cup onion chopped
- 9 cups cornbread soft
- 1.5 teaspoons sage dried fresh crumbled chopped
- 1.5 teaspoons thyme leaves dried fresh chopped
- 1 teaspoon salt

- 0.1 teaspoon pepper
- 12 lb turkey whole frozen thawed
- 1 tablespoon rosemary dried fresh crumbled chopped
- 1 tablespoon sage dried fresh crumbled chopped
- 1 teaspoon salt
- 0.3 teaspoon pepper
- 2 cloves garlic finely chopped
- 0.3 cup butter melted

Equipment

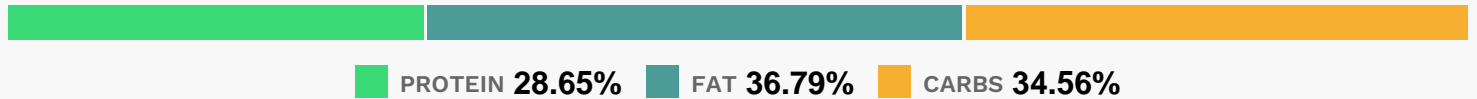
- bowl
- frying pan
- oven
- roasting pan
- kitchen thermometer
- aluminum foil
- skewers

Directions

- Heat oven to 325°F. In 10-inch skillet, melt butter over medium heat. Cook celery and onion in butter about 2 minutes, stirring occasionally, until crisp-tender; remove from heat. In large bowl, mix celery mixture and remaining stuffing ingredients until well blended.
- Stuff turkey just before roasting, not ahead of time. Fill wishbone area lightly with stuffing. Fasten neck skin to back with skewer. Fold wings across back with tips touching. Fill body cavity lightly. (Do not pack--stuffing will expand while cooking.) Tuck drumsticks under band of skin at tail, or tie together with heavy string, then tie to tail.
- In small bowl, mix rosemary, 1 tablespoon sage, 1 teaspoon salt, 1/4 teaspoon pepper and the garlic; rub into turkey skin.
- Place turkey, breast side up, on rack in shallow roasting pan.
- Brush with 1/4 cup butter. Do not add water.

- Place meat thermometer in thickest part of inside thigh muscle so thermometer does not touch bone.
- Roast uncovered 4 to 5 hours, brushing with pan juices every 30 minutes, until thermometer reads 165°F and drumsticks move easily when lifted or twisted. Thermometer placed in center of stuffing should read 165°F.
- Place foil loosely over turkey when it begins to turn golden. When turkey is two-thirds done, cut band of skin, or remove string or skewer holding legs. When turkey is done, place on warm platter and cover with foil to keep warm.
- Let stand about 20 minutes for easiest carving. While turkey is standing, prepare Foolproof Gravy if desired.
- To serve, garnish turkey with fresh herb sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.26, Inflammation Score:-8, Nutrition Score:36.457826572916%

Flavonoids

Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 862.66kcal (43.13%), Fat: 35.02g (53.87%), Saturated Fat: 10.3g (64.4%), Carbohydrates: 73.98g (24.66%), Net Carbohydrates: 70.5g (25.64%), Sugar: 21.89g (24.32%), Cholesterol: 249.76mg (83.25%), Sodium: 1466.76mg (63.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.35g (122.7%), Vitamin B3: 21.14mg (105.71%), Copper: 2mg (99.91%), Phosphorus: 970.4mg (97.04%), Selenium: 63.16µg (90.23%), Vitamin B6: 1.58mg (79.23%), Vitamin B12: 3.26µg (54.39%), Vitamin B2: 0.69mg (40.81%), Zinc: 5.24mg (34.93%), Vitamin B5: 2.78mg (27.76%), Iron: 4.72mg (26.22%), Vitamin B1: 0.38mg (25.23%), Folate: 95.53µg (23.88%), Calcium: 222.05mg (22.2%), Potassium: 765mg (21.86%), Magnesium: 86.83mg (21.71%), Manganese: 0.42mg (20.92%), Vitamin A: 792.56IU (15.85%), Fiber: 3.48g (13.92%), Vitamin E: 1.25mg (8.36%), Vitamin K: 7.81µg (7.44%), Vitamin D: 0.72µg (4.83%), Vitamin C: 1.5mg (1.81%)