



Herbed Turkey with Roasted Garlic Gravy

 Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



471 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 29 ounce less-sodium chicken broth fat-free canned
- ☐ 1 cup flat-leaf parsley leaves fresh
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup rosemary leaves fresh
- ☐ 0.3 cup sage leaves fresh
- ☐ 0.3 cup thyme leaves fresh
- ☐ 1 garlic head whole
- ☐ 12 garlic cloves

- ☐ 15 pound turkey fresh thawed

Equipment

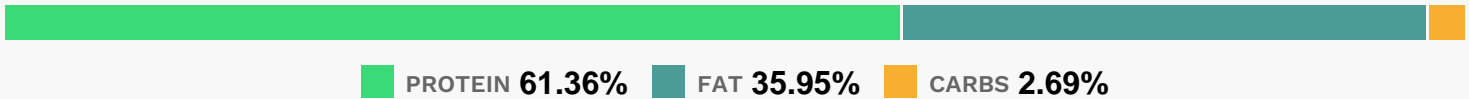
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Preheat oven to 325
- ☐ To prepare garlic-herb rub, place first 5 ingredients in a food processor; process until finely minced.
- ☐ To prepare turkey, remove white papery skin from garlic head (do not peel or separate the cloves). Wrap garlic head in foil. Set aside.
- ☐ Remove and discard giblets and neck from turkey. Rinse turkey with cold water; pat dry. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat.
- ☐ Spread garlic-herb rub under loosened skin and rub over breast and drumsticks. Gently press skin to secure. Lift wing tips up and over back; tuck under turkey.
- ☐ Place turkey on a broiler pan coated with cooking spray. Insert a meat thermometer into meaty part of a thigh, making sure not to touch bone.
- ☐ Bake at 325 for 1 hour.
- ☐ Add garlic head to pan; bake an additional 2 hours or until thermometer registers 180
- ☐ Place turkey on a platter, reserving pan drippings; let stand 20 minutes. Discard skin.
- ☐ To prepare gravy, place a zip-top plastic bag inside a 4-cup glass measure.

- ☐ Pour pan drippings into bag; let stand 10 minutes (fat will rise to the top). Seal bag; carefully snip off 1 bottom corner of bag.
- ☐ Drain drippings into glass measure, stopping before fat layer reaches opening (you should have about 2/3 cup). Reserve 1 tablespoon fat; discard remaining fat.
- ☐ Add enough broth to drippings to measure 3 cups; reserve remaining broth for another use.
- ☐ Separate roasted garlic cloves; squeeze to extract garlic pulp. Discard skins.
- ☐ Heat reserved fat in a medium saucepan over medium heat.
- ☐ Add garlic pulp and flour; cook 30 seconds or until lightly browned, whisking constantly. Gradually add broth mixture, stirring with a whisk until blended. Bring to a boil over high heat, stirring constantly.
- ☐ Remove from heat.

Nutrition Facts



Properties

Glycemic Index:14.13, Glycemic Load:1.47, Inflammation Score:-8, Nutrition Score:33.320434756901%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 470.84kcal (23.54%), Fat: 18.37g (28.26%), Saturated Fat: 4.74g (29.61%), Carbohydrates: 3.09g (1.03%), Net Carbohydrates: 2.67g (0.97%), Sugar: 0.34g (0.38%), Cholesterol: 231.88mg (77.29%), Sodium: 587.78mg (25.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 70.55g (141.11%), Vitamin B3: 25.09mg (125.46%), Selenium: 70.88µg (101.26%), Vitamin B6: 1.98mg (98.88%), Vitamin B12: 4.04µg (67.31%), Vitamin K: 65.65µg (62.52%), Phosphorus: 605.1mg (60.51%), Copper: 0.94mg (46.83%), Zinc: 5.85mg (39.02%), Vitamin B2: 0.63mg (36.99%), Vitamin B5: 2.72mg (27.25%), Potassium: 781.15mg (22.32%), Magnesium: 86.15mg (21.54%), Iron: 3.42mg (19%), Vitamin B1: 0.18mg (12.31%), Vitamin A: 566.33IU (11.33%), Vitamin C: 7.43mg (9.01%), Folate: 33.89µg (8.47%), Manganese: 0.15mg (7.38%), Vitamin D: 0.97µg (6.44%), Calcium: 54.04mg (5.4%), Vitamin E: 0.32mg (2.15%), Fiber: 0.43g (1.71%)