



Hickory-Smoked Bourbon Turkey

 Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



539 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 tablespoon pickling spice
- ☐ 1 cup bourbon
- ☐ 1 large carrots
- ☐ 1 rib celery
- ☐ 14 servings garnishes: greens mixed
- ☐ 1 optional: lemon
- ☐ 2 cups maple syrup
- ☐ 1 medium onion peeled halved

- ☐ 2 teaspoons pepper
- ☐ 1 tablespoon salt
- ☐ 11 pound turkey whole thawed
- ☐ 14 servings hickory wood chunks

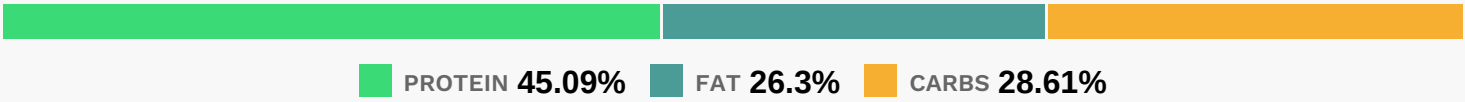
Equipment

- ☐ frying pan
- ☐ pot
- ☐ kitchen thermometer

Directions

- ☐ Remove giblets and neck from turkey; reserve for other uses, if desired. Rinse turkey thoroughly with cold water, and pat dry.
- ☐ Add water to a large stockpot, filling half full; stir in maple syrup, bourbon, and pickling spice.
- ☐ Add turkey and, if needed, additional water to cover. Cover and chill turkey 2 days.
- ☐ Soak hickory wood chunks in fresh water at least 30 minutes. Prepare charcoal fire in smoker; let fire burn 20 to 30 minutes.
- ☐ Remove turkey from water, discarding water mixture; pat dry.
- ☐ Cut carrot and celery in half crosswise. Stuff cavity with carrot, celery, and onion. Pierce lemon with a fork; place in neck cavity.
- ☐ Combine salt and pepper; rub mixture over turkey. Fold wings under, and tie legs together with string, if desired.
- ☐ Drain wood chunks, and place on coals.
- ☐ Place water pan in smoker, and add water to depth of fill line.
- ☐ Place turkey in center of lower food rack; cover with smoker lid.
- ☐ Cook 6 hours or until a meat thermometer inserted into thickest portion of turkey thigh registers 180, adding additional water, charcoal, and wood chunks as needed.
- ☐ Remove from smoker, and let stand 15 minutes before slicing.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:15.7, Glycemic Load:11.82, Inflammation Score:-8, Nutrition Score:30.784348332364%

Flavonoids

Eriodictyol: 1.65mg, Eriodictyol: 1.65mg, Eriodictyol: 1.65mg, Eriodictyol: 1.65mg Hesperetin: 2.15mg, Hesperetin: 2.15mg, Hesperetin: 2.15mg, Hesperetin: 2.15mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 539.34kcal (26.97%), Fat: 14.43g (22.21%), Saturated Fat: 3.73g (23.31%), Carbohydrates: 35.32g (11.77%), Net Carbohydrates: 34.31g (12.47%), Sugar: 28.53g (31.7%), Cholesterol: 182.19mg (60.73%), Sodium: 800.83mg (34.82%), Alcohol: 5.73g (100%), Alcohol %: 1.91% (100%), Protein: 55.67g (111.35%), Vitamin B3: 19.7mg (98.48%), Vitamin B6: 1.58mg (79.12%), Selenium: 54.2µg (77.42%), Vitamin B2: 1.09mg (63.99%), Manganese: 1.26mg (63.13%), Vitamin B12: 3.09µg (51.45%), Phosphorus: 487.79mg (48.78%), Zinc: 4.99mg (33.24%), Vitamin A: 1476.97IU (29.54%), Potassium: 795.42mg (22.73%), Vitamin B5: 2.15mg (21.52%), Magnesium: 83.11mg (20.78%), Vitamin C: 14.31mg (17.35%), Iron: 2.99mg (16.61%), Copper: 0.24mg (11.98%), Vitamin B1: 0.18mg (11.81%), Calcium: 108.45mg (10.85%), Folate: 38.41µg (9.6%), Vitamin K: 7.77µg (7.4%), Vitamin D: 0.76µg (5.06%), Fiber: 1.02g (4.06%), Vitamin E: 0.47mg (3.14%)