



Homestyle Turkey the Michigander Way

 Gluten Free  Popular

READY IN



310 min.

SERVINGS



54

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 tablespoons butter divided
- 3 tablespoons chicken bouillon
- 2 tablespoons onion dried minced
- 2 tablespoons parsley dried
- 2 tablespoons seasoning salt
- 4 cups warm water
- 12 pound turkey whole

Equipment

- bowl
- frying pan
- oven
- roasting pan
- aluminum foil
- dutch oven

Directions

- Preheat oven to 350 degrees F (175 degrees C). Rinse and wash turkey. Discard the giblets, or add to pan if they are anyone's favorites.
- Place turkey in a Dutch oven or roasting pan. Separate the skin over the breast to make little pockets. Put 3 tablespoons of the butter on both sides between the skin and breast meat. This makes for very juicy breast meat.
- In a medium bowl, combine the water with the bouillon.
- Sprinkle in the parsley and minced onion.
- Pour over the top of the turkey.
- Sprinkle seasoning salt over the turkey.
- Cover with foil, and bake in the preheated oven 3 1/2 to 4 hours, until the internal temperature of the turkey reaches 180 degrees F (80 degrees C). For the last 45 minutes or so, remove the foil so the turkey will brown nicely.

Nutrition Facts

PROTEIN 56.16% **FAT 43.14%** **CARBS 0.7%**

Properties

Glycemic Index:0.93, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:6.4308696363283%

Flavonoids

Apigenin: 3.34mg, Apigenin: 3.34mg, Apigenin: 3.34mg, Apigenin: 3.34mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg

Nutrients (% of daily need)

Calories: 112.96kcal (5.65%), Fat: 5.3g (8.16%), Saturated Fat: 1.85g (11.54%), Carbohydrates: 0.2g (0.07%), Net Carbohydrates: 0.16g (0.06%), Sugar: 0.12g (0.13%), Cholesterol: 54.87mg (18.29%), Sodium: 353.09mg (15.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.54g (31.08%), Vitamin B3: 5.47mg (27.36%), Selenium: 15.28µg (21.83%), Vitamin B6: 0.43mg (21.62%), Vitamin B12: 0.88µg (14.6%), Phosphorus: 132.25mg (13.22%), Zinc: 1.29mg (8.57%), Vitamin B2: 0.13mg (7.94%), Vitamin B5: 0.59mg (5.86%), Potassium: 165.78mg (4.74%), Magnesium: 18.59mg (4.65%), Iron: 0.64mg (3.54%), Copper: 0.06mg (2.98%), Vitamin B1: 0.04mg (2.37%), Vitamin A: 80.42IU (1.61%), Vitamin D: 0.21µg (1.43%), Folate: 5.51µg (1.38%), Vitamin K: 1.12µg (1.07%), Calcium: 10.3mg (1.03%)