



Homestyle Turkey the Michigander Way

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



381 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 tablespoons butter
- 3 tablespoons chicken bouillon
- 2 tablespoons dehydrated onion dried minced
- 2 tablespoons parsley dried
- 2 tablespoons lawry's seasoned salt
- 4 cups water
- 12 pound turkey whole

Equipment

- 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 you can add these to pan if these 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.
- Combine the water with the bouillon, and sprinkle in the parsley flakes and minced onion.
- Pour over the top of the turkey.
- Sprinkle seasoning salt over the turkey.
- Cover with foil and bake in preheated oven for 4 to 5 hours. 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:3.13, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:21.700000159118%

Flavonoids

Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg

Nutrients (% of daily need)

Calories: 381.23kcal (19.06%), Fat: 17.9g (27.54%), Saturated Fat: 6.23g (38.96%), Carbohydrates: 0.66g (0.22%), Net Carbohydrates: 0.53g (0.19%), Sugar: 0.41g (0.45%), Cholesterol: 185.19mg (61.73%), Sodium: 1191.67mg (51.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.44g (104.89%), Vitamin B3: 18.47mg (92.33%), Selenium: 51.58µg (73.69%), Vitamin B6: 1.46mg (72.96%), Vitamin B12: 2.96µg (49.26%), Phosphorus: 446.34mg

(44.63%), Zinc: 4.34mg (28.92%), Vitamin B2: 0.46mg (26.79%), Vitamin B5: 1.98mg (19.76%), Potassium: 559.5mg (15.99%), Magnesium: 62.73mg (15.68%), Iron: 2.15mg (11.95%), Copper: 0.2mg (10.05%), Vitamin B1: 0.12mg (7.99%), Vitamin A: 271.42IU (5.43%), Vitamin D: 0.72µg (4.83%), Folate: 18.58µg (4.65%), Vitamin K: 3.79µg (3.61%), Calcium: 34.77mg (3.48%), Manganese: 0.06mg (3.23%), Vitamin E: 0.36mg (2.42%)