



Honey Smoked Turkey

 Gluten Free  Dairy Free

READY IN



225 min.

SERVINGS



54

CALORIES



136 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons celery salt
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 tablespoons sage fresh chopped
- ☐ 2 tablespoons ground pepper black
- ☐ 12 ounce honey
- ☐ 0.5 pound mesquite wood chips
- ☐ 2 tablespoons vegetable oil
- ☐ 12 pound turkey whole

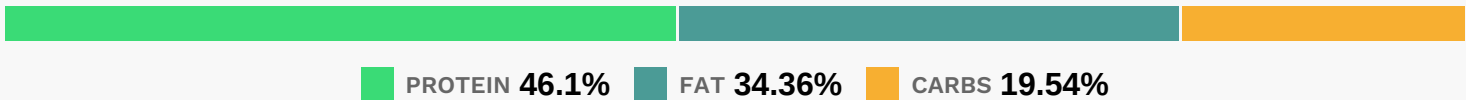
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ roasting pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Preheat grill for high heat. If you are using a charcoal grill, use about twice the normal amount of charcoal. Soak wood chips in a pan of water, and set next to the grill.
- ☐ Remove neck and giblets from turkey. Rinse the bird and pat dry.
- ☐ Place in a large disposable roasting pan.
- ☐ In a medium bowl, mix together sage, ground black pepper, celery salt, basil, and vegetable oil.
- ☐ Pour mixture evenly over the turkey. Turn the turkey breast side down in the pan, and tent loosely with aluminum foil.
- ☐ Place the roasting pan on the preheated grill. Throw a handful of the wood chips onto the coals. Close the lid, and cook for 1 hour.
- ☐ Throw about 2 more handfuls of soaked wood chips on the fire.
- ☐ Drizzle 1/2 the honey over the bird, and replace the foil. Close the lid of the grill, and continue cooking 1 1/2 to 2 hours, or until internal temperature reaches 180 degrees F (80 degrees C) in the thickest part of the thigh.
- ☐ Uncover turkey, and carefully turn it breast side up in the roasting pan. Baste with remaining honey. Leave the turkey uncovered, and cook 15 minutes. The cooked honey will be very dark.

Nutrition Facts



Properties

Glycemic Index:4.05, Glycemic Load:3.43, Inflammation Score:-1, Nutrition Score:8.2086956656497%

Nutrients (% of daily need)

Calories: 136.33kcal (6.82%), Fat: 5.19g (7.98%), Saturated Fat: 1.32g (8.27%), Carbohydrates: 6.64g (2.21%), Net Carbohydrates: 6.36g (2.31%), Sugar: 5.22g (5.8%), Cholesterol: 51.53mg (17.18%), Sodium: 359.43mg (15.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.66g (31.32%), Copper: 0.74mg (36.79%), Vitamin B3: 5.57mg (27.83%), Vitamin B6: 0.44mg (21.93%), Selenium: 15.33µg (21.9%), Vitamin B12: 0.87µg (14.55%), Phosphorus: 134.93mg (13.49%), Zinc: 1.31mg (8.73%), Vitamin B2: 0.14mg (8.05%), Vitamin B5: 0.61mg (6.11%), Potassium: 185.82mg (5.31%), Magnesium: 19.59mg (4.9%), Iron: 0.75mg (4.16%), Manganese: 0.08mg (3.76%), Vitamin B1: 0.04mg (2.56%), Folate: 6.15µg (1.54%), Vitamin K: 1.6µg (1.52%), Vitamin D: 0.21µg (1.43%), Calcium: 11.36mg (1.14%), Fiber: 0.27g (1.1%)