



Honey Spice Roast Turkey with Apple Pecan Stuffing

 Dairy Free

READY IN



290 min.

SERVINGS



12

CALORIES



888 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 lb turkey frozen thawed
- ☐ 0.3 cup honey
- ☐ 2 tablespoons butter melted
- ☐ 2 teaspoons chili powder
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 cup butter

- ☐ 0.5 cup pecans
- ☐ 1 cup apples chopped
- ☐ 4 cups bread stuffing mix (from 14- to 16-oz package)
- ☐ 2 cups apple juice

Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ skewers
- ☐ dutch oven

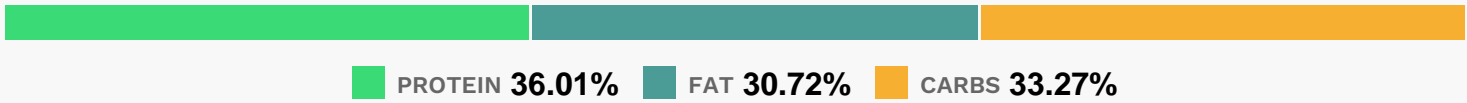
Directions

- ☐ Heat oven to 325°F. Starting at back opening of turkey, gently separate skin from turkey breast, using fingers. In small bowl, stir together honey, 2 tablespoons melted butter, the chili powder, allspice and cumin; brush half of mixture over turkey breast under skin (reserve remaining honey mixture).
- ☐ In 4-quart Dutch oven, melt 1/4 cup butter over medium-high heat. Cook pecans in butter 1 to 2 minutes, stirring occasionally, until lightly toasted. Lightly stir in apple, stuffing mix and apple juice until moistened.
- ☐ Stuff turkey just before baking. Fill wishbone area with stuffing first. Fasten neck skin to back with skewer. Fold wings across back with tips touching. Fill body cavity lightly with remaining stuffing. (Do not pack--stuffing will expand while cooking.) Tuck drumsticks under band of skin at tail, or tie together with heavy string, then tie to tail.
- ☐ Place turkey, breast side up, on rack in shallow roasting pan. Insert meat thermometer so tip is in thickest part of inside thigh muscle and does not touch bone. Do not add water.
- ☐ Cover with foil and bake 3 to 4 hours, uncovering and brushing with remaining honey mixture for last 30 minutes of baking, until thermometer reads 180°F and juice is no longer pink when center of thigh is cut. Drumsticks should move easily when lifted or twisted.
- ☐ Place turkey on warm platter; cover with foil to keep warm.

☐

Let stand at least 15 minutes for easiest carving. Cover and refrigerate any remaining turkey and stuffing separately.

Nutrition Facts



Properties

Glycemic Index:12.92, Glycemic Load:5.31, Inflammation Score:-8, Nutrition Score:37.432608552601%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.77mg, Epicatechin: 2.77mg, Epicatechin: 2.77mg, Epicatechin: 2.77mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 888.04kcal (44.4%), Fat: 29.95g (46.07%), Saturated Fat: 6.86g (42.85%), Carbohydrates: 72.98g (24.33%), Net Carbohydrates: 69.53g (25.28%), Sugar: 17.78g (19.75%), Cholesterol: 232.66mg (77.56%), Sodium: 1543.03mg (67.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 79g (158%), Selenium: 106.8µg (152.57%), Vitamin B3: 29.27mg (146.35%), Vitamin B6: 2.08mg (104%), Phosphorus: 720.59mg (72.06%), Vitamin B12: 3.95µg (65.86%), Vitamin B2: 0.94mg (55.22%), Zinc: 6.72mg (44.79%), Vitamin B1: 0.67mg (44.48%), Folate: 156.69µg (39.17%), Manganese: 0.76mg (38.11%), Iron: 6.1mg (33.89%), Magnesium: 121.41mg (30.35%), Vitamin B5: 3.01mg (30.05%), Potassium: 1002.41mg (28.64%), Copper: 0.5mg (25.25%), Fiber: 3.45g (13.8%), Calcium: 124mg (12.4%), Vitamin A: 543.47IU (10.87%), Vitamin E: 1.02mg (6.83%), Vitamin D: 0.97µg (6.44%), Vitamin K: 1.61µg (1.54%), Vitamin C: 0.99mg (1.2%)