

# Juicy Thanksgiving Turkey

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



200 min.

SERVINGS



54

CALORIES



151 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 carrots chopped
- 2 stalks celery chopped
- 750 milliliter champagne
- 14.5 ounce chicken broth canned
- 2 tablespoons parsley dried
- 2 tablespoons rubbed sage dried
- 2 tablespoons ground rosemary dried
- 1 tablespoon lemon pepper

- 1 onion chopped
- 1 cranberry-orange relish cut into wedges
- 1 tablespoon salt
- 2 tablespoons thyme leaves dried
- 15 pound turkey whole

## Equipment

- bowl
- oven
- roasting pan
- kitchen thermometer
- aluminum foil

## Directions

- Preheat an oven to 350 degrees F (175 degrees C). Line a turkey roaster with long sheets of aluminum foil that will be long enough to wrap over the turkey.
- Stir together the parsley, rosemary, sage, thyme, lemon pepper, and salt in a small bowl. Rub the herb mixture into the cavity of the turkey, then stuff with the celery, orange, onion, and carrot. Truss if desired, and place the turkey into the roasting pan.
- Pour the chicken broth and champagne over the turkey, making sure to get some champagne in the cavity. Bring the aluminum foil over the top of the turkey, and seal. Try to keep the foil from touching the skin of the turkey breast or legs.
- Bake the turkey in the preheated oven for 2 1/2 to 3 hours until no longer pink at the bone and the juices run clear. Uncover the turkey, and continue baking until the skin turns golden brown, 30 minutes to 1 hour longer. An instant-read thermometer inserted into the thickest part of the thigh, near the bone should read 180 degrees F (82 degrees C).
- Remove the turkey from the oven, cover with a doubled sheet of aluminum foil, and allow to rest in a warm area 10 to 15 minutes before slicing.

## Nutrition Facts



■ PROTEIN 60.54% ■ FAT 36.28% ■ CARBS 3.18%

## Properties

Glycemic Index:5.47, Glycemic Load:0.22, Inflammation Score:-5, Nutrition Score:9.1056521871816%

## Flavonoids

Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 3.38mg, Apigenin: 3.38mg, Apigenin: 3.38mg, Apigenin: 3.38mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

## Nutrients (% of daily need)

Calories: 150.87kcal (7.54%), Fat: 5.7g (8.78%), Saturated Fat: 1.49g (9.34%), Carbohydrates: 1.12g (0.37%), Net Carbohydrates: 0.83g (0.3%), Sugar: 0.61g (0.67%), Cholesterol: 68.22mg (22.74%), Sodium: 269.52mg (11.72%), Alcohol: 0.89g (100%), Alcohol %: 0.94% (100%), Protein: 21.42g (42.84%), Vitamin B3: 7.07mg (35.33%), Selenium: 20.53µg (29.34%), Vitamin B6: 0.56mg (28.24%), Vitamin B12: 1.17µg (19.46%), Phosphorus: 180.01mg (18%), Zinc: 1.82mg (12.13%), Vitamin B2: 0.18mg (10.66%), Vitamin B5: 0.74mg (7.44%), Potassium: 245.63mg (7.02%), Magnesium: 27.33mg (6.83%), Iron: 1.05mg (5.85%), Vitamin A: 285.49IU (5.71%), Copper: 0.08mg (4.08%), Vitamin B1: 0.05mg (3.22%), Vitamin K: 3.23µg (3.07%), Vitamin C: 2.13mg (2.58%), Manganese: 0.05mg (2.35%), Folate: 9.11µg (2.28%), Calcium: 19.2mg (1.92%), Vitamin D: 0.28µg (1.84%), Fiber: 0.29g (1.18%)