



## Lauren's Apple Cider Roast Turkey



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



570 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 gallon apple cider
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1.5 cups kosher salt
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.3 teaspoon poultry seasoning
- ☐ 1.5 gallons water
- ☐ 1 cup sugar white
- ☐ 16 pound turkey whole

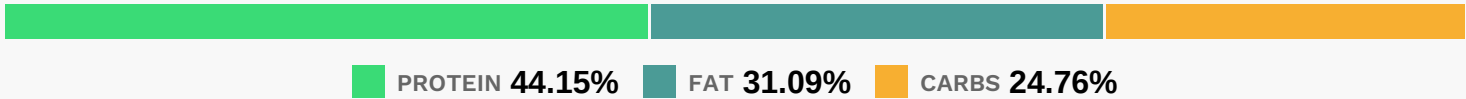
# Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

# Directions

- ☐ Rinse turkey inside and out with cold water; pat dry with paper towels.
- ☐ Mix water, apple cider, kosher salt, and sugar in a large pot or 5-gallon food-grade bucket, stirring to dissolve salt and sugar. Submerge the turkey in the brine, cover the container, and place in refrigerator, 8 hours or overnight.
- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Remove turkey from brine and discard used brine.
- ☐ Place turkey with breast side up into a roasting pan; pat turkey and cavity dry with paper towels. Loosen turkey skin over the breast and thighs with your fingers.
- ☐ Mix olive oil, thyme, and poultry seasoning in a small bowl. Rub the seasoned oil over the turkey and underneath the loosened skin. Cover turkey loosely with aluminum foil.
- ☐ Roast in the preheated oven until an instant-read meat thermometer inserted into the thickest part of a thigh, not touching bone, reads 165 to 175 degrees F (75 to 80 degrees C), 4 to 4 1/2 hours.
- ☐ Remove foil tent about 45 minutes before end of roasting time to let the skin brown.
- ☐ Let turkey rest 30 to 45 minutes before carving.

# Nutrition Facts



# Properties

Glycemic Index:6.16, Glycemic Load:17.27, Inflammation Score:-5, Nutrition Score:26.557825979979%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg Epicatechin: 9.91mg, Epicatechin: 9.91mg, Epicatechin: 9.91mg, Epicatechin: 9.91mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 569.8kcal (28.49%), Fat: 19.46g (29.93%), Saturated Fat: 4.64g (29.02%), Carbohydrates: 34.86g (11.62%), Net Carbohydrates: 34.43g (12.52%), Sugar: 31.49g (34.99%), Cholesterol: 206.11mg (68.7%), Sodium: 9776.1mg (425.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 62.16g (124.32%), Vitamin B3: 22mg (110%), Vitamin B6: 1.75mg (87.65%), Selenium: 61.28µg (87.54%), Vitamin B12: 3.49µg (58.21%), Phosphorus: 538.67mg (53.87%), Zinc: 5.2mg (34.64%), Vitamin B2: 0.57mg (33.39%), Potassium: 856.14mg (24.46%), Vitamin B5: 2.42mg (24.25%), Magnesium: 85.57mg (21.39%), Iron: 2.84mg (15.8%), Copper: 0.3mg (15.23%), Vitamin B1: 0.18mg (12.11%), Manganese: 0.22mg (10.89%), Calcium: 64.3mg (6.43%), Vitamin D: 0.86µg (5.73%), Folate: 20.12µg (5.03%), Vitamin E: 0.71mg (4.75%), Vitamin A: 163.67IU (3.27%), Vitamin C: 1.9mg (2.31%), Vitamin K: 2.27µg (2.16%), Fiber: 0.43g (1.72%)