



Lemon-Herb Grilled Turkey



Gluten Free



Dairy Free

READY IN



240 min.

SERVINGS



12

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 pound turkey frozen thawed
- ☐ 1 serving salt and pepper
- ☐ 1 large onion cut into eighths
- ☐ 2 small optional: lemon cut into fourths
- ☐ 1 serving vegetable oil
- ☐ 2 tablespoons butter softened
- ☐ 0.5 teaspoon ground thyme

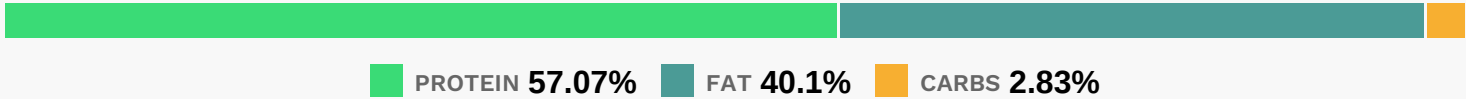
Equipment

- ☐ frying pan
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ If using charcoal grill, place drip pan directly under grilling area, and arrange coals around edge of firebox.
- ☐ Heat coals or gas grill for indirect heat.
- ☐ Rub cavity of turkey with salt and pepper; place onion and lemons in cavity.
- ☐ Brush oil over turkey. Insert barbecue meat thermometer so tip is in the thickest part of inside thigh muscle and does not touch bone.
- ☐ Mix butter and thyme; brush over turkey. Cover and grill turkey, breast side up, over drip pan or over unheated side of gas grill and 5 to 6 inches from medium heat 2 hours 30 minutes to 3 hours 30 minutes or until thermometer reads 165° and drumsticks move easily when lifted or twisted. If using charcoal grill, add about 15 briquettes every hour.
- ☐ Let turkey stand 15 minutes.
- ☐ Remove onion and lemons before carving.

Nutrition Facts



Properties

Glycemic Index:4.38, Glycemic Load:0.56, Inflammation Score:-5, Nutrition Score:24.629130809203%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 415.83kcal (20.79%), Fat: 18.25g (28.08%), Saturated Fat: 4.5g (28.14%), Carbohydrates: 2.89g (0.96%), Net Carbohydrates: 2.16g (0.79%), Sugar: 1.14g (1.27%), Cholesterol: 193.23mg (64.41%), Sodium: 339.62mg (14.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.44g (116.87%), Vitamin B3: 20.51mg (102.57%), Vitamin B6: 1.64mg (81.87%), Selenium: 57.3µg (81.86%), Vitamin B12: 3.28µg (54.61%), Phosphorus: 498.25mg (49.83%), Zinc: 4.81mg (32.08%), Vitamin B2: 0.5mg (29.68%), Vitamin B5: 2.23mg (22.28%), Potassium: 645.57mg (18.44%), Magnesium: 69.95mg (17.49%), Iron: 2.49mg (13.86%), Vitamin C: 10.49mg (12.72%), Copper: 0.22mg (10.93%), Vitamin B1: 0.14mg (9.48%), Folate: 23.28µg (5.82%), Vitamin D: 0.81µg (5.37%), Vitamin A: 239.55IU (4.79%), Calcium: 38.57mg (3.86%), Vitamin E: 0.44mg (2.95%), Fiber: 0.73g (2.93%), Manganese: 0.06mg (2.85%), Vitamin K: 2.91µg (2.77%)