



Lemon-Sage Turkey

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter softened
- 2 cups cooking wine dry white
- 3 tablespoons flour all-purpose
- 8 sage leaves fresh
- 1 optional: lemon halved
- 12 servings lemon-parmesan stuffing
- 2 tablespoons juice of lemon fresh
- 0.5 teaspoon pepper divided freshly ground

- 1 leaves garnishes: sage lemon fresh
- 1 teaspoon salt divided
- 12 pound turkey

Equipment

- frying pan
- sauce pan
- oven
- whisk
- sieve
- roasting pan
- kitchen thermometer

Directions

- Remove giblets and neck from turkey. Reserve giblets for Lemon–Parmesan Stuffing. Reserve neck for another use. Rinse turkey thoroughly with cold water; pat dry.
- Combine butter and lemon juice; stir well with a wire whisk. Carefully loosen skin from turkey at neck area, working down to breast and thigh area. Rub two-thirds of lemon butter mixture under skin.
- Place 8 to 10 sage leaves between skin and meat. Rub inside of body and neck cavities with lemon halves.
- Sprinkle cavities evenly with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- Lightly stuff Lemon–Parmesan Stuffing into body and neck cavities of turkey.
- Place turkey on a lightly greased rack in a roasting pan, breast side up. Tie legs together with heavy string. Lift wingtips up and over back, and tuck under bird.
- Coat turkey with remaining one-third lemon butter mixture; sprinkle with remaining 1/2 teaspoon salt and 1/4 teaspoon pepper.
- Pour wine into pan. Insert a meat thermometer into meaty portion of thigh, making sure it does not touch bone.
- Bake, uncovered, at 325 for 3 1/2 hours on bottom oven rack or until thermometer inserted into thickest part of leg registers 180 and center of stuffing reaches 16

- Let turkey stand 15 minutes before carving.
- While turkey stands, pour pan drippings through a wire-mesh strainer into a large saucepan, discarding solids.
- Combine flour and 3/4 cup pan drippings, stirring until mixture is smooth; add to remaining pan drippings in saucepan, adding enough water to measure 2 1/4 cups, if necessary. Bring mixture to a boil, stirring constantly; reduce heat, and simmer, uncovered, 5 minutes or until mixture is thickened, stirring often.
- Serve with turkey.
- Garnish, if desired.

Nutrition Facts

PROTEIN 58.63%

FAT 37.85%

CARBS 3.52%

Properties

Glycemic Index:14.42, Glycemic Load:1.47, Inflammation Score:-6, Nutrition Score:28.739999865708%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 3.54mg, Eriodictyol: 3.54mg, Eriodictyol: 3.54mg, Eriodictyol: 3.54mg Hesperetin: 4.99mg, Hesperetin: 4.99mg, Hesperetin: 4.99mg, Hesperetin: 4.99mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 515.94kcal (25.8%), Fat: 20.12g (30.95%), Saturated Fat: 5.11g (31.92%), Carbohydrates: 4.21g (1.4%), Net Carbohydrates: 3.68g (1.34%), Sugar: 1.05g (1.16%), Cholesterol: 231.88mg (77.29%), Sodium: 578.89mg (25.17%), Alcohol: 4.12g (100%), Alcohol %: 1.35% (100%), Protein: 70.13g (140.26%), Vitamin B3: 24.75mg (123.75%), Selenium: 69.34µg (99.06%), Vitamin B6: 1.96mg (98.22%), Vitamin B12: 3.93µg (65.52%), Phosphorus: 602.02mg (60.2%), Zinc: 5.81mg (38.71%), Vitamin B2: 0.62mg (36.22%), Vitamin B5: 2.67mg (26.75%), Potassium: 778.71mg (22.25%), Magnesium: 86.62mg (21.66%), Copper: 0.35mg (17.61%), Iron: 3.08mg (17.09%), Vitamin B1: 0.18mg (11.91%), Vitamin C: 9.45mg (11.46%), Folate: 28.67µg (7.17%), Vitamin D: 0.97µg (6.44%), Manganese: 0.12mg (5.87%), Vitamin A: 267.94IU (5.36%), Calcium: 45.01mg (4.5%), Vitamin E: 0.39mg (2.61%), Fiber: 0.53g (2.12%)