



Light Turkey with Leek Onion Stuffing



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



325 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 ounce croutons plain
- ☐ 0.3 cup parsley fresh chopped
- ☐ 4 cups leeks coarsely chopped
- ☐ 1.8 cups no-salt-added chicken broth undiluted canned divided
- ☐ 1 tablespoon butter melted reduced-calorie
- ☐ 1 tablespoon butter reduced-calorie
- ☐ 1 cup onion chopped
- ☐ 1 tablespoon orange rind grated

- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 teaspoon thyme leaves dried whole
- ☐ 10 pound turkey

Equipment

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

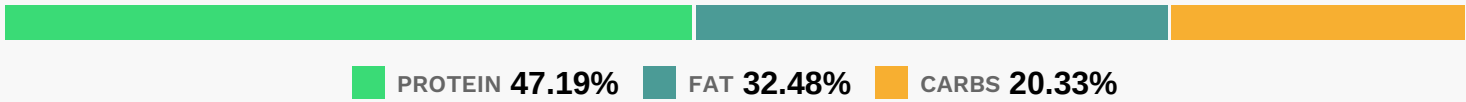
Directions

- ☐ Coat a nonstick skillet with cooking spray; add 1 tablespoon margarine.
- ☐ Place over medium heat until margarine melts.
- ☐ Add leeks, onion, thyme, and 1/2 cup broth. Bring to a boil. Cover, reduce heat, and simmer until vegetables are tender. Uncover and cook over high heat until liquid evaporates.
- ☐ Transfer leek mixture to a bowl; add croutons and next 3 ingredients.
- ☐ Add 1 1/4 cups broth; cover and chill.
- ☐ Remove giblets and neck from turkey. Rinse turkey under cold water; pat dry. Pack about 7 cups leek mixture into cavity of turkey. Tuck legs under flap of skin around tail, or close cavity with skewers, and truss. Tie ends of legs to tail with cord. Lift wingtips up and over back; tuck under turkey.
- ☐ Coat turkey with cooking spray; place, breast side up, on a rack in a roasting pan coated with cooking spray. Insert meat thermometer in meaty part of thigh. Cover with heavy-duty aluminum foil; bake at 325 for 2 hours. Uncover and baste with melted margarine.
- ☐ Bake 2 hours or until meat thermometer registers 18
- ☐ Spoon remaining leek mixture into a 1-quart casserole coated with cooking spray.
- ☐ Bake at 325 for 25 minutes.

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Serve with skinned turkey slices.

Nutrition Facts



Properties

Glycemic Index:9.75, Glycemic Load:9.26, Inflammation Score:-6, Nutrition Score:19.233478390652%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 324.62kcal (16.23%), Fat: 11.53g (17.74%), Saturated Fat: 2.89g (18.09%), Carbohydrates: 16.24g (5.41%), Net Carbohydrates: 14.82g (5.39%), Sugar: 1.17g (1.3%), Cholesterol: 115.94mg (38.65%), Sodium: 322.96mg (14.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.69g (75.39%), Vitamin B3: 13.6mg (67.98%), Selenium: 40.9µg (58.43%), Vitamin B6: 1.02mg (51.2%), Vitamin B12: 1.99µg (33.11%), Phosphorus: 330.13mg (33.01%), Vitamin K: 25.74µg (24.51%), Vitamin B2: 0.36mg (21.17%), Zinc: 3.09mg (20.59%), Iron: 2.64mg (14.69%), Vitamin B5: 1.42mg (14.21%), Vitamin B1: 0.2mg (13.29%), Magnesium: 52.32mg (13.08%), Potassium: 451.1mg (12.89%), Folate: 48.41µg (12.1%), Manganese: 0.21mg (10.61%), Vitamin A: 524.81IU (10.5%), Copper: 0.19mg (9.48%), Fiber: 1.42g (5.68%), Vitamin C: 4.49mg (5.45%), Calcium: 47.26mg (4.73%), Vitamin D: 0.48µg (3.22%), Vitamin E: 0.37mg (2.44%)