



Maple Basted Roast Turkey with Cranberry Pan Gravy



Gluten Free



Dairy Free

READY IN



245 min.

SERVINGS



12

CALORIES



554 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 cups chicken broth
- ☐ 2 tablespoons cornstarch
- ☐ 2 cups 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 8 sage leaves fresh
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.7 cup maple syrup pure
- ☐ 0.8 cup cranberries dried sweetened

- ☐ 12 pound turkey frozen thawed butterball®

Equipment

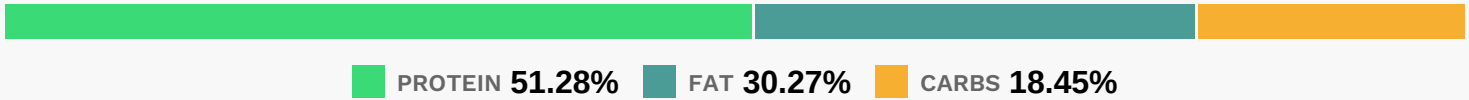
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 325 degrees F.
- ☐ Remove neck and giblets from body and neck cavities of turkey. Refrigerate for other use or discard.
- ☐ Drain juices from turkey. Pat dry with paper towels. Turn wings back to hold neck skin against back of turkey.
- ☐ Place turkey, breast up, on flat roasting rack in shallow roasting pan.
- ☐ Place 4 sage leaves under skin on both sides of breast.
- ☐ Place turkey on shallow rack in pan.
- ☐ Brush all of skin with lemon juice.
- ☐ Bake approximately 3-1/2 hours, or until meat thermometer reaches 180 degrees F when inserted in deepest part of thigh. Cover breast and top of drumsticks with aluminum foil after two hours to prevent overcooking of breast.
- ☐ During the last 30 minutes of baking, baste the turkey with maple syrup every 15 minutes.
- ☐ Remove turkey from roasting pan and let rest while preparing gravy.
- ☐ Place roasting pan on burners over medium heat.
- ☐ Add 1/2 cup of the broth. Bring to boiling, while scrapping dripping from bottom of pan.
- ☐ Remove pan from heat. Strain mixture into a large saucepan.

- ☐
- Stir 1-1/2 cups of the broth and cranberry juice into saucepan. Bring to boiling on medium heat, stirring frequently; reduce heat to medium-low.
- ☐
- Stir cornstarch into remaining 1/2 cup broth. Gradually stir into simmering mixture. Stir in cranberries. Simmer, stirring frequently, 5 minutes.
- ☐
- Carve turkey and serve with gravy.

Nutrition Facts



Properties

Glycemic Index:7.71, Glycemic Load:7.26, Inflammation Score:-5, Nutrition Score:30.275217268778%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 554.3kcal (27.71%), Fat: 18.42g (28.34%), Saturated Fat: 4.73g (29.53%), Carbohydrates: 25.26g (8.42%), Net Carbohydrates: 24.79g (9.01%), Sugar: 21.85g (24.28%), Cholesterol: 232.86mg (77.62%), Sodium: 545.34mg (23.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 70.2g (140.41%), Vitamin B3: 24.78mg (123.91%), Selenium: 68.92µg (98.46%), Vitamin B6: 1.96mg (97.81%), Vitamin B12: 3.94µg (65.65%), Phosphorus: 597.99mg (59.8%), Vitamin B2: 0.86mg (50.73%), Zinc: 5.95mg (39.64%), Vitamin B5: 2.64mg (26.39%), Manganese: 0.5mg (24.83%), Potassium: 812.03mg (23.2%), Magnesium: 87.98mg (22%), Copper: 0.37mg (18.34%), Iron: 2.97mg (16.51%), Vitamin B1: 0.18mg (12.18%), Vitamin C: 5.9mg (7.16%), Vitamin E: 0.98mg (6.55%), Vitamin D: 0.97µg (6.44%), Calcium: 61.45mg (6.14%), Folate: 23.98µg (6%), Vitamin A: 200.61IU (4.01%), Vitamin K: 2.73µg (2.6%), Fiber: 0.47g (1.89%)