



## Maple-Glazed Turkey with Onion-Cider Gravy

READY IN



220 min.

SERVINGS



8

CALORIES



1052 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3 cups apple cider
- ☐ 4 tablespoons flour all-purpose
- ☐ 1 head garlic cut in half
- ☐ 0.5 cup maple syrup
- ☐ 5 large onion cut into 8 wedges
- ☐ 1 large sprig parsley
- ☐ 1 tablespoon sage fresh chopped
- ☐ 8 servings salt and pepper
- ☐ 1 tablespoon thyme leaves fresh chopped

- ☐ 14 lb turkey
- ☐ 2 cups turkey broth low-sodium
- ☐ 8 tablespoons butter unsalted at room temperature (1 stick)

## Equipment

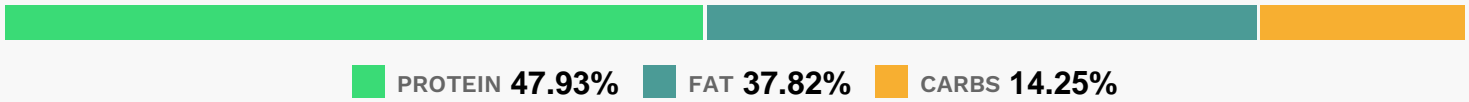
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ measuring cup

## Directions

- ☐ In a small pan over medium heat, bring 1/2 cup maple syrup to a boil. Reduce heat and simmer until reduced by half, about 12 minutes. Cool slightly. In a bowl, combine butter, 1/2 tsp. salt, 1/2 tsp. pepper and chopped sage and thyme. Stir in reduced syrup.
- ☐ Place in refrigerator to cool, stirring frequently.
- ☐ Preheat oven to 350F.
- ☐ Remove giblets and neck from turkey. Rinse turkey inside and out with cool water; pat dry. Gently loosen skin from breast.
- ☐ Spread 2/3 of butter mixture under skin. Season inside of turkey generously with salt and pepper and stuff with 8 onion wedges, garlic and herb sprigs. Tie drumsticks together and tuck wings under. Scatter remaining onion wedges in a large roasting pan, top with a rack and place turkey on rack.
- ☐ Spread remaining butter mixture all over turkey.
- ☐ Pour 1 cup of broth and 1 cup of apple cider into bottom of roasting pan. Cover loosely with foil. Roast turkey, basting every 30 minutes, until an instant-read thermometer placed in thickest part of thigh reads 165F, about 3 hours.

- ☐ In the last half hour, remove foil and baste with half of reserved 1/3 cup maple syrup. Roast 15 minutes; repeat basting.
- ☐ Transfer turkey to platter, tent with foil and let rest for 20 to 30 minutes.
- ☐ Remove rack from roasting pan and pour drippings into a measuring cup, leaving onion in pan. Skim fat from drippings and return 4 Tbsp. fat to pan.
- ☐ Place pan over 2 burners on medium heat.
- ☐ Sprinkle with flour and cook, stirring, for 3 minutes.
- ☐ Add remaining 2 cups of cider and 1 cup of broth and reserved drippings to pan. Bring to a boil, scraping up browned bits from bottom of pan, reduce heat to low and simmer until slightly thickened, about 10 minutes. Strain into saucepan and season with salt and pepper.
- ☐ Serve with turkey.

## Nutrition Facts



## Properties

Glycemic Index:35.78, Glycemic Load:13.32, Inflammation Score:-9, Nutrition Score:46.866521835327%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epicatechin: 4.17mg, Epicatechin: 4.17mg, Epicatechin: 4.17mg, Epicatechin: 4.17mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 4.7mg, Isorhamnetin: 4.7mg, Isorhamnetin: 4.7mg, Isorhamnetin: 4.7mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 19.61mg, Quercetin: 19.61mg, Quercetin: 19.61mg, Quercetin: 19.61mg

## Nutrients (% of daily need)

Calories: 1052kcal (52.6%), Fat: 43.58g (67.05%), Saturated Fat: 15.53g (97.04%), Carbohydrates: 36.95g (12.32%), Net Carbohydrates: 34.83g (12.66%), Sugar: 25.19g (27.99%), Cholesterol: 437.06mg (145.69%), Sodium: 1054.47mg (45.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 124.27g (248.54%), Vitamin B3: 43.6mg (217.98%), Vitamin B6: 3.55mg (177.65%), Selenium: 122.75µg (175.35%), Copper: 2.79mg (139.34%), Vitamin B12: 6.91µg (115.19%), Phosphorus: 1081.14mg (108.11%), Vitamin B2: 1.41mg (82.68%), Zinc: 10.5mg (70.01%), Vitamin B5: 4.79mg (47.91%), Manganese: 0.92mg (45.95%), Potassium: 1575.22mg (45.01%), Magnesium: 164.23mg (41.06%), Iron: 5.7mg (31.64%), Vitamin B1: 0.4mg (26.52%), Folate: 65.23µg (16.31%), Vitamin A: 721.82IU (14.44%), Calcium: 133.93mg (13.39%), Vitamin D: 1.9µg (12.67%), Vitamin C: 10.39mg (12.6%), Fiber: 2.13g (8.5%), Vitamin E: 0.89mg

(5.93%), Vitamin K: 3.48µg (3.31%)