



Maple-Glazed Turkey with Wild Rice Stuffing

 **Gluten Free**  **Dairy Free**

READY IN



415 min.

SERVINGS



16

CALORIES



713 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter
- 2 cups onion chopped (4 medium)
- 3 cloves garlic finely chopped
- 1.5 cups rice wild uncooked
- 3 tablespoons thyme sprigs fresh chopped
- 5 cups chicken broth (from two 32-oz cartons)
- 1.5 cups brown rice long-grain uncooked
- 2 cups celery sliced (4 medium stalks)

- 2 cups carrots shredded (3 medium)
- 0.5 lb bacon crumbled cooked
- 1 teaspoon salt
- 0.5 teaspoon pepper
- 16 lb turkey whole frozen thawed
- 1 tablespoon vegetable oil
- 0.5 teaspoon salt
- 0.5 teaspoon pepper
- 1.5 teaspoons orange zest finely grated
- 0.5 cup orange juice
- 0.3 cup maple syrup
- 2 tablespoons apple cider vinegar
- 0.5 teaspoon ground mustard
- 0.3 teaspoon salt

Equipment

- bowl
- paper towels
- sauce pan
- oven
- roasting pan
- kitchen thermometer
- aluminum foil
- skewers
- dutch oven

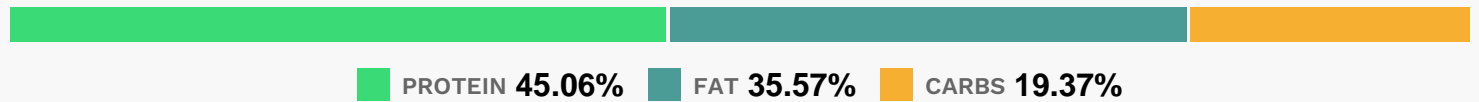
Directions

- In 4-quart Dutch oven, melt butter over medium-high heat.

- Add onions and garlic; cook 5 minutes, stirring occasionally. Stir in wild rice, thyme and 5 cups of the broth.
- Heat to boiling over high heat, stirring occasionally. Reduce heat to low. Cover; simmer 10 minutes. Stir in brown rice and celery. Cover; simmer 40 to 50 minutes longer or until rice is tender and liquid is absorbed, adding more broth by 1/4 cupfuls if necessary to prevent scorching.
- Stir in carrot, bacon, 1 teaspoon salt and 1/2 teaspoon pepper.
- Remove from heat. Cover; let stand 10 minutes. Uncover; cool 30 minutes before stuffing turkey. (Stuff turkey just before roasting.)
- Move oven rack to lowest position.
- Heat oven to 325°F.
- Remove and discard neck and giblets from turkey. Rinse turkey inside and out with cold water; pat dry with paper towels.
- Spoon stuffing loosely into neck cavity; turn wings back to hold neck skin in place, or fasten neck skin to back with skewers. Spoon stuffing into body cavity; refasten drumsticks with metal piece or tuck under skin at tail. (Drumsticks can also be tied together with cotton string.)
- Place any remaining stuffing in 2-quart casserole that's been sprayed with cooking spray; cover and refrigerate.
- Place turkey, breast side up, in roasting pan. Insert ovenproof meat thermometer so tip is in thickest part of inside thigh and does not touch bone.
- Brush with oil to prevent skin from drying.
- Sprinkle with 1/2 teaspoon salt and 1/2 teaspoon pepper.
- Place tent of heavy-duty foil loosely over turkey.
- Roast turkey 1 hour 30 minutes.
- Remove foil; roast 1 hour 30 minutes to 2 hours longer or until thermometer reads 160°F.
- Meanwhile, in 2-quart saucepan, stir together glaze ingredients.
- Heat to boiling over medium-high heat, stirring frequently. Reduce heat to medium-low; gently boil uncovered 20 to 30 minutes, stirring occasionally, until mixture is reduced to 1/2 cup.
- Remove from heat.

- Remove stuffing in casserole from refrigerator; uncover and set aside. When thermometer reads 160°F, brush turkey with 1/2 of glaze; roast 20 minutes.
- Brush with remaining glaze; roast 15 to 30 minutes longer or until thermometer reads 180°F and drumsticks move easily when lifted or twisted. Cover loosely with foil; let stand 15 to 20 minutes for easier carving.
- Meanwhile, increase oven temperature to 375°F.
- Bake uncovered casserole with stuffing 15 to 20 minutes or until thoroughly heated.
- Place turkey on serving platter.
- Remove skewers.
- Remove stuffing from turkey; place in serving bowl.

Nutrition Facts



Properties

Glycemic Index:30.51, Glycemic Load:16.15, Inflammation Score:-10, Nutrition Score:39.140000198198%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg

Nutrients (% of daily need)

Calories: 712.65kcal (35.63%), Fat: 27.79g (42.75%), Saturated Fat: 7.29g (45.54%), Carbohydrates: 34.04g (11.35%), Net Carbohydrates: 31.24g (11.36%), Sugar: 6.34g (7.05%), Cholesterol: 247.38mg (82.46%), Sodium: 1183.66mg (51.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 79.2g (158.39%), Vitamin B3: 28.29mg (141.46%), Vitamin B6: 2.23mg (111.28%), Selenium: 76.89µg (109.85%), Phosphorus: 778.98mg (77.9%), Vitamin B12: 4.1µg (68.36%), Vitamin A: 3126.23IU (62.52%), Manganese: 1.17mg (58.74%), Zinc: 7.64mg (50.91%), Vitamin B2: 0.82mg (47.98%), Magnesium: 147.81mg (36.95%), Vitamin B5: 3.33mg (33.33%), Potassium: 1072.86mg (30.65%), Vitamin B1: 0.38mg (25.06%), Iron: 3.97mg (22.06%), Copper: 0.44mg (21.81%), Folate: 54.89µg (13.72%), Vitamin C: 9.23mg (11.19%), Fiber: 2.8g (11.18%), Calcium: 78.93mg (7.89%), Vitamin K: 7.96µg (7.59%), Vitamin D: 1.02µg (6.82%), Vitamin E: 0.83mg (5.56%)