



Marmalade-Glazed Turkey and Giblet Gravy

 Gluten Free

READY IN



188 min.

SERVINGS



12

CALORIES



498 kcal

SAUCE

Ingredients

- 1 teaspoon savoury dried whole crumbled
- 12 servings gravy
- 1 tablespoon honey
- 0.5 cup orange juice
- 0.5 cup orange marmalade
- 12 servings cranberry-orange relish fresh
- 1 teaspoon pepper
- 1 teaspoon rubbed sage

- 1.5 teaspoons salt
- 10 lb turkey fresh thawed
- 0.3 cup butter unsalted softened

Equipment

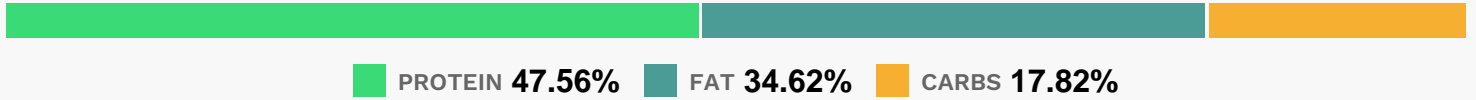
- bowl
- frying pan
- paper towels
- oven
- roasting pan
- kitchen thermometer
- aluminum foil

Directions

- Remove giblets and neck from turkey; place in refrigerator for use in Giblet Gravy. Rinse turkey with cold water; pat dry with paper towels.
- Place turkey, breast side up, on a rack in a lightly greased roasting pan. Lift wing tips up and over back, and tuck under bird.
- Combine salt and next 3 ingredients in a small bowl; rub some of seasoning inside turkey cavity.
- Combine remaining herb mixture with softened butter, and rub all over outside of turkey, legs and all. Tie ends of legs together with heavy string or tuck under flap of skin around tail.
- Bake, uncovered, at 325 for 1 hour and 30 minutes.
- Combine orange juice, marmalade, and honey, stirring well.
- Brush half of orange glaze over turkey; bake 1 to 1 1/2 hours or until a meat thermometer inserted into meaty part of thigh registers 170, brushing with orange glaze every 30 minutes. Shield turkey with aluminum foil during cooking, if necessary, to prevent overbrowning.
- Transfer turkey to a serving platter, reserving pan drippings for Giblet Gravy.
- Let turkey stand, covered with foil, 15 minutes before carving.
- Garnish platter, if desired.

Serve turkey with Giblet Gravy.

Nutrition Facts



Properties

Glycemic Index:14.9, Glycemic Load:4.92, Inflammation Score:-7, Nutrition Score:28.805652255597%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 25.76mg, Hesperetin: 25.76mg, Hesperetin: 25.76mg, Hesperetin: 25.76mg Naringenin: 14.01mg, Naringenin: 14.01mg, Naringenin: 14.01mg, Naringenin: 14.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 498.27kcal (24.91%), Fat: 19.12g (29.42%), Saturated Fat: 6.38g (39.86%), Carbohydrates: 22.15g (7.38%), Net Carbohydrates: 19.82g (7.21%), Sugar: 18.9g (21%), Cholesterol: 203.48mg (67.83%), Sodium: 604.04mg (26.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.12g (118.23%), Vitamin B3: 20.79mg (103.94%), Vitamin B6: 1.67mg (83.48%), Selenium: 57.78µg (82.54%), Vitamin C: 53.7mg (65.09%), Vitamin B12: 3.28µg (54.7%), Phosphorus: 507.5mg (50.75%), Zinc: 4.86mg (32.41%), Vitamin B2: 0.54mg (31.85%), Vitamin B5: 2.43mg (24.32%), Potassium: 794.16mg (22.69%), Magnesium: 77.99mg (19.5%), Vitamin B1: 0.22mg (14.51%), Iron: 2.47mg (13.73%), Copper: 0.27mg (13.38%), Folate: 50.31µg (12.58%), Vitamin A: 501.74IU (10.03%), Fiber: 2.33g (9.31%), Calcium: 74.2mg (7.42%), Vitamin D: 0.88µg (5.84%), Manganese: 0.08mg (4.16%), Vitamin E: 0.53mg (3.52%)