



Molasses-Glazed Turkey

 Gluten Free

READY IN



240 min.

SERVINGS



8

CALORIES



941 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple cider
- ☐ 2 medium apples quartered
- ☐ 8 servings pepper black
- ☐ 0.3 cup butter melted
- ☐ 2 cups chicken broth
- ☐ 0.3 teaspoon ground pepper
- ☐ 0.5 teaspoon nutmeg
- ☐ 8 servings kosher salt

- ☐ 1 shallots halved
- ☐ 0.5 teaspoon sherry vinegar
- ☐ 0.5 cup blackstrap molasses
- ☐ 14 pound turkey whole

Equipment

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

Directions

- ☐ Preheat oven to 35
- ☐ Remove giblets and neck, and rinse turkey with cold water.
- ☐ Drain cavity well; pat dry. Stir together molasses, next 5 ingredients, and 1 tablespoon kosher salt in a small bowl.
- ☐ Starting at neck cavity, loosen turkey skin from breast and drumsticks without totally detaching skin; rub 1/4 cup molasses glaze under skin. Replace skin.
- ☐ Sprinkle kosher salt and black pepper over entire bird.
- ☐ Place shallot and apples in turkey cavity. Tie ends of legs together with kitchen string; tuck wingtips under.
- ☐ Place turkey, breast side up, on a roasting rack in a large, heavy roasting pan.
- ☐ Roast 1 hour and 30 minutes; brush with reserved molasses mixture, and add broth to pan. Roast, brushing with glaze every 30 minutes, 1 hour 30 minutes, or until a meat thermometer inserted in thickest portion of thigh registers 16
- ☐ (Shield with aluminum foil to prevent excess browning, if necessary.)
- ☐ Let stand 30 minutes before carving, reserving pan drippings for Spiked Gravy.

Nutrition Facts

PROTEIN 52.96% FAT 36.76% CARBS 10.28%

Properties

Glycemic Index:41.34, Glycemic Load:9.09, Inflammation Score:-8, Nutrition Score:40.907826024553%

Flavonoids

Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.77mg, Epicatechin: 3.77mg, Epicatechin: 3.77mg, Epicatechin: 3.77mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 940.6kcal (47.03%), Fat: 37.83g (58.21%), Saturated Fat: 11.94g (74.64%), Carbohydrates: 23.8g (7.93%), Net Carbohydrates: 22.52g (8.19%), Sugar: 22.06g (24.51%), Cholesterol: 422.21mg (140.74%), Sodium: 1097.59mg (47.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 122.63g (245.25%), Vitamin B3: 43.4mg (216.98%), Vitamin B6: 3.55mg (177.5%), Selenium: 124.16µg (177.37%), Vitamin B12: 6.9µg (114.99%), Phosphorus: 1049.98mg (105%), Zinc: 10.18mg (67.86%), Vitamin B2: 1.09mg (64.39%), Magnesium: 196.41mg (49.1%), Vitamin B5: 4.8mg (47.95%), Potassium: 1651.99mg (47.2%), Iron: 6.01mg (33.37%), Copper: 0.56mg (28.21%), Manganese: 0.47mg (23.28%), Vitamin B1: 0.3mg (20.25%), Calcium: 114.61mg (11.46%), Vitamin D: 1.69µg (11.27%), Vitamin A: 545.51IU (10.91%), Folate: 42.27µg (10.57%), Vitamin E: 0.8mg (5.33%), Fiber: 1.28g (5.1%), Vitamin C: 2.46mg (2.98%), Vitamin K: 1.74µg (1.65%)