



Molasses-Glazed Turkey



Gluten Free



Dairy Free

READY IN



190 min.

SERVINGS



8

CALORIES



890 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons dijon mustard
- ☐ 0.8 cup blackstrap molasses
- ☐ 8 servings salt and pepper
- ☐ 14 lb turkey

Equipment

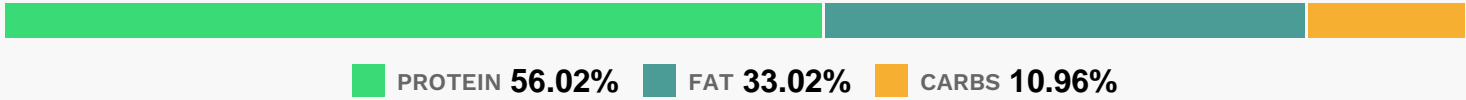
- ☐ frying pan
- ☐ oven
- ☐ whisk

- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 350F. Position a rack in a large roasting pan.
- ☐ Rinse turkey inside and out; pat dry.
- ☐ Place turkey, breast side up, on rack in roasting pan. Season inside and out with salt and pepper. Tuck under skin at neck end, fold wings under and, using kitchen string, tie legs together.
- ☐ Roast turkey for 2 1/4 hours. When pan juices begin forming (check after first hour) baste with juices every 30 minutes.
- ☐ Whisk together mustard and molasses.
- ☐ Remove turkey from oven and brush with molasses mixture. Return to oven and continue roasting about 45 minutes longer, basting every 10 to 15 minutes (tent bird lightly with foil if it begins to get too dark), or until a meat thermometer inserted in thickest part of thigh, away from bone, registers 165F.
- ☐ Remove string from legs and let turkey stand, loosely covered with foil, for 20 minutes to let juices set. Carve turkey and arrange on a platter.
- ☐ Serve warm with your favorite gravy.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:10.4, Inflammation Score:-7, Nutrition Score:40.920869759162%

Nutrients (% of daily need)

Calories: 889.71kcal (44.49%), Fat: 32.01g (49.24%), Saturated Fat: 8.25g (51.59%), Carbohydrates: 23.9g (7.97%), Net Carbohydrates: 23.66g (8.6%), Sugar: 24.02g (26.69%), Cholesterol: 405.78mg (135.26%), Sodium: 898.57mg (39.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 122.2g (244.4%), Vitamin B3: 43.33mg (216.66%),

Selenium: 127.58µg (182.26%), Vitamin B6: 3.59mg (179.57%), Vitamin B12: 6.88µg (114.6%), Phosphorus: 1047.24mg (104.72%), Zinc: 10.16mg (67.73%), Vitamin B2: 1.05mg (61.59%), Magnesium: 220.06mg (55.01%), Potassium: 1732.18mg (49.49%), Vitamin B5: 4.84mg (48.42%), Iron: 6.43mg (35.72%), Copper: 0.59mg (29.61%), Manganese: 0.57mg (28.75%), Vitamin B1: 0.29mg (19.61%), Calcium: 130.43mg (13.04%), Vitamin D: 1.69µg (11.27%), Folate: 39.84µg (9.96%), Vitamin A: 319.6IU (6.39%), Vitamin E: 0.53mg (3.51%)