



WHATSheATE



Mole-Roasted Turkey with Masa Stuffing and Chile Gravy

READY IN



45 min.

SERVINGS



10

CALORIES



144 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons pepper black freshly ground
- ☐ 0.5 teaspoon chile powder
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons juice of lime fresh
- ☐ 10 servings masa stuffing
- ☐ 10 servings turkey mole sauce
- ☐ 2 cups turkey stock quick

- ☐ 3 tablespoons butter unsalted

Equipment

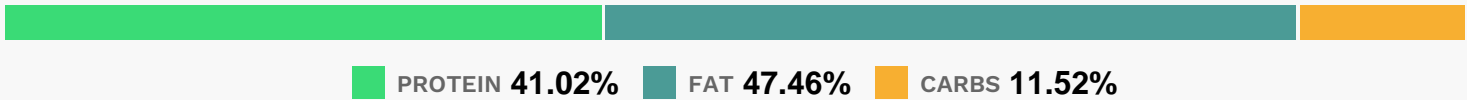
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ baking pan
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ microwave
- ☐ kitchen twine

Directions

- ☐ Rinse turkey and pat dry.
- ☐ Sprinkle inside and out with salt and pepper and transfer to roasting pan. Set aside 1 1/2 cups mole for serving (refrigerate until ready to use), then coat turkey inside and out with remainder. Cover turkey with plastic wrap and refrigerate at least 1 hour and up to 8 hours.
- ☐ Arrange oven rack in lowest position and preheat oven to 450°F. Butter 2-quart casserole or 8-inch square baking dish.
- ☐ Loosely fill main cavity of turkey with stuffing.
- ☐ Transfer remaining stuffing to prepared dish and drizzle with 1/2 cup stock. Cover with aluminum foil and refrigerate until ready to bake. Dab turkey all over with melted butter. Tuck wing tips under breast and loosely tie legs together with kitchen string.
- ☐ Pour 1/4 cup stock into pan.

- ☐ Roast turkey 15 minutes. Reduce heat to 350°F, cover turkey loosely with foil, and continue roasting 45 minutes more.
- ☐ Remove foil, add 1/4 cup stock to pan, and continue to roast, basting with pan juices every 30 minutes, 1 1/2 hours more.
- ☐ Increase oven temperature to 450°F, rotate pan 180° in oven, and add 1/4 cup stock to pan.
- ☐ Remove extra stuffing from refrigerator (do not uncover) and transfer to oven alongside turkey.
- ☐ Bake 30 minutes, then uncover and bake until top is golden brown, about 15 minutes more. Keep warm, covered. Meanwhile, continue to roast turkey, adding 1/4 cup stock to pan and basting every 15 minutes, until instant-read thermometer inserted in thickest part of thigh (do not touch bone) registers 170°F, about 45 minutes to 1 1/2 hours more (2 1/2 to 3 hours total).
- ☐ Transfer turkey to platter (do not clean roasting pan). Insert thermometer into center of stuffing. If thermometer does not read 165°F, remove stuffing and microwave until 165°F. Keep warm.
- ☐ Let turkey rest at least 1/2 hour before carving.
- ☐ Straddle roasting pan across 2 burners on moderately high heat.
- ☐ Add stock and bring to boil, scraping up browned bits on bottom of pan.
- ☐ Remove from heat.
- ☐ In medium saucepan melt butter.
- ☐ Whisk in flour and cook, whisking constantly, until roux is golden brown, about 5 minutes.
- ☐ Add stock mixture in steady stream, whisking constantly to prevent lumps, then simmer until thickened slightly, about 2 minutes. Strain through fine-mesh sieve into medium bowl and stir in lime juice, salt, and chile powder. Keep warm.
- ☐ In small saucepan over low heat, gently reheat reserved mole sauce.
- ☐ Serve turkey with gravy and mole alongside.

Nutrition Facts



Properties

Glycemic Index:10.7, Glycemic Load:1.28, Inflammation Score:-2, Nutrition Score:6.8508696245111%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 143.99kcal (7.2%), Fat: 7.51g (11.56%), Saturated Fat: 3.22g (20.12%), Carbohydrates: 4.1g (1.37%), Net Carbohydrates: 3.89g (1.41%), Sugar: 0.87g (0.97%), Cholesterol: 53.9mg (17.97%), Sodium: 200.45mg (8.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.61g (29.22%), Vitamin B3: 5.52mg (27.61%), Selenium: 15.24µg (21.77%), Vitamin B6: 0.4mg (19.8%), Phosphorus: 128.27mg (12.83%), Vitamin B12: 0.74µg (12.39%), Vitamin B2: 0.17mg (9.85%), Zinc: 1.17mg (7.82%), Potassium: 198.48mg (5.67%), Vitamin B5: 0.51mg (5.13%), Magnesium: 18.58mg (4.65%), Vitamin B1: 0.07mg (4.41%), Iron: 0.78mg (4.36%), Copper: 0.08mg (4.12%), Vitamin A: 176.09IU (3.52%), Manganese: 0.07mg (3.25%), Folate: 11.6µg (2.9%), Vitamin D: 0.24µg (1.63%), Vitamin E: 0.23mg (1.53%), Vitamin C: 1mg (1.21%), Calcium: 11.84mg (1.18%), Vitamin K: 1.15µg (1.09%)