



New Year's Turkey

READY IN



45 min.

SERVINGS



12

CALORIES



775 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apples chopped
- ☐ 0.3 cup balsamic vinegar
- ☐ 0.7 cup butter
- ☐ 1 tablespoon cajun spice
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 cup parsley fresh minced
- ☐ 1 tablespoon garlic minced
- ☐ 1 pound ground veal
- ☐ 0.5 pound ground ham boiled

- ☐ 0.5 cup honey
- ☐ 1 cup milk
- ☐ 2 tablespoons olive oil
- ☐ 1.5 cups onion divided chopped
- ☐ 1 sprigs garnishes: parsley kumquat leaves fresh
- ☐ 1 tablespoon pepper
- ☐ 1 teaspoon pepper
- ☐ 1 cup raisins
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons salt
- ☐ 10 pound turkey
- ☐ 1.5 cups vermouth sweet
- ☐ 0.5 cup walnuts chopped
- ☐ 6 slices bread white

Equipment

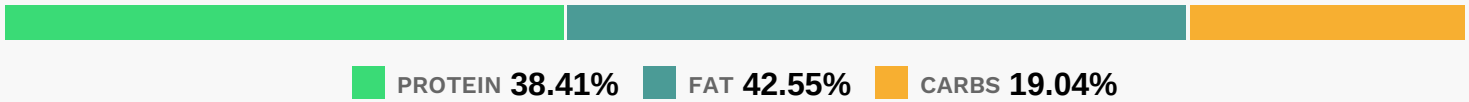
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Remove giblets and neck from turkey, and reserve for another use. Rinse turkey with cold water, and pat dry.
- ☐ Place turkey in a shallow dish. Stir together 2 tablespoons salt and next 4 ingredients; pour over turkey. Cover and chill at least 6 hours.

- ☐ Melt butter in a large skillet; add 1/2 cup onion, and saute until tender.
- ☐ Add veal and ham; cook over medium heat, stirring often, 5 minutes.
- ☐ Remove from heat.
- ☐ Remove crusts from bread, and discard; crumble bread.
- ☐ Combine breadcrumbs, milk, and egg in a large bowl; stir in apple and next 6 ingredients. Stir in onion mixture.
- ☐ Remove turkey from refrigerator, and brush cavity with oil mixture. Spoon stuffing into cavity; truss turkey using string. Lift wingtips up and over back, and tuck them under bird.
- ☐ Place turkey, breast side up, into a large roasting pan.
- ☐ Cover turkey with aluminum foil, and bake at 400 for 30 minutes. Reduce heat to 350, and bake 2 hours, basting occasionally with pan drippings.
- ☐ Process remaining 1 cup onion, vermouh, and honey in a blender until smooth.
- ☐ Pour mixture over turkey, and bake 1 more hour or until meat thermometer inserted into turkey thigh reaches 180 and stuffing reaches 16
- ☐ Broil (with electric oven door partially open) until golden.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:43.82, Glycemic Load:17.56, Inflammation Score:-8, Nutrition Score:35.546522078307%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 5.57mg, Apigenin: 5.57mg, Apigenin: 5.57mg, Apigenin: 5.57mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg

Nutrients (% of daily need)

Calories: 775.19kcal (38.76%), Fat: 35.78g (55.04%), Saturated Fat: 8.61g (53.8%), Carbohydrates: 36.02g (12.01%), Net Carbohydrates: 33.49g (12.18%), Sugar: 16.69g (18.54%), Cholesterol: 251.05mg (83.68%), Sodium: 2143.78mg (93.21%), Alcohol: 2.85g (100%), Alcohol %: 0.75% (100%), Protein: 72.67g (145.35%), Vitamin B3: 24.28mg (121.4%), Vitamin B6: 1.9mg (95.01%), Selenium: 65.49µg (93.55%), Phosphorus: 699.03mg (69.9%), Vitamin B12: 3.94µg (65.67%), Zinc: 6.85mg (45.67%), Vitamin K: 45.88µg (43.7%), Vitamin B2: 0.73mg (43.22%), Vitamin B5: 3mg (30.01%), Potassium: 1046.15mg (29.89%), Magnesium: 107.37mg (26.84%), Iron: 4.4mg (24.43%), Manganese: 0.48mg (24.03%), Vitamin A: 1172.6IU (23.45%), Copper: 0.46mg (23.17%), Vitamin B1: 0.28mg (18.94%), Folate: 53.54µg (13.39%), Calcium: 120.65mg (12.07%), Fiber: 2.53g (10.1%), Vitamin E: 1.4mg (9.34%), Vitamin C: 6.42mg (7.78%), Vitamin D: 1.11µg (7.41%)