



No-Baste, No-Bother Roasted Turkey

 Gluten Free

READY IN



430 min.

SERVINGS



12

CALORIES



801 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large carrots cut in lengths to fit the turkey cavity
- 2 stalks celery cut in lengths to fit turkey cavity
- 2 teaspoons pepper
- 2 tablespoons salt
- 0.5 stick butter salted softened
- 1 medium onion sweet such as vidalia, cut in half
- 12 pound turkey thawed
- 2 cups water boiling

Equipment

- frying pan
- oven
- roasting pan
- kitchen timer

Directions

- Watch how to make this recipe.
- Adjust the oven racks so the covered roasting pan fit easily inside. Preheat the oven to 500 degrees F.
- Rub the butter on the outside and in the cavity of the turkey.
- Sprinkle the salt and pepper on the inside and the outside of the turkey.
- Put the celery, onion and carrot in the cavity.
- Place the turkey, breast-side up, in a large roasting pan.
- Pour the boiling water into the pan. Cover with a tight-fitting lid and put the pan in the oven.
- Start a timer when the oven temperature returns to 500 degrees F.
- Bake for exactly 1 hour and turn off the oven. Do not open the oven door! Leave the turkey in the oven until the oven completely cools; this may take 4 to 6 hours. Reserve the pan juices and refrigerate the turkey if it will not be served soon after roasting.

Nutrition Facts

 
 **PROTEIN 59.5%**  **FAT 39.23%**  **CARBS 1.27%**

Properties

Glycemic Index:9.5, Glycemic Load:0.07, Inflammation Score:-7, Nutrition Score:37.373043438663%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.33mg, Kaempferol: 0.33mg

Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg

Nutrients (% of daily need)

Calories: 801.11kcal (40.06%), Fat: 34.13g (52.51%), Saturated Fat: 10.27g (64.18%), Carbohydrates: 2.5g (0.83%), Net Carbohydrates: 2.06g (0.75%), Sugar: 1.8g (2%), Cholesterol: 396.55mg (132.18%), Sodium: 1803.7mg (78.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 116.48g (232.97%), Vitamin B3: 41.02mg (205.1%), Selenium: 114.55µg (163.64%), Vitamin B6: 3.26mg (162.84%), Vitamin B12: 6.56µg (109.26%), Phosphorus: 992.88mg (99.29%), Zinc: 9.61mg (64.09%), Vitamin B2: 1mg (59.08%), Vitamin B5: 4.41mg (44.06%), Potassium: 1258.18mg (35.95%), Magnesium: 138.48mg (34.62%), Iron: 4.74mg (26.36%), Copper: 0.44mg (22.13%), Vitamin B1: 0.27mg (18.06%), Folate: 46.51µg (11.63%), Vitamin D: 1.61µg (10.73%), Vitamin A: 450.25IU (9%), Calcium: 71.73mg (7.17%), Manganese: 0.14mg (6.89%), Vitamin E: 0.62mg (4.13%), Vitamin K: 2.91µg (2.77%), Vitamin C: 1.53mg (1.86%), Fiber: 0.44g (1.76%)