



## Oil-Basted Parmesan Turkey with Walnut Gravy

READY IN



180 min.

SERVINGS



18

CALORIES



420 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 teaspoon pepper black divided freshly ground
- ☐ 4.5 cups chicken stock see unsalted divided
- ☐ 5 tablespoons flour all-purpose
- ☐ 3 tablespoons thyme leaves fresh chopped
- ☐ 1 teaspoon kosher salt divided
- ☐ 2 onions divided halved
- ☐ 0.5 cup parmigiano-reggiano cheese shredded finely
- ☐ 4 pears divided halved

- ☐ 12 pound turkey fresh thawed at room temperature
- ☐ 0.3 cup walnut oil divided toasted
- ☐ 0.5 cup walnuts toasted chopped

## Equipment

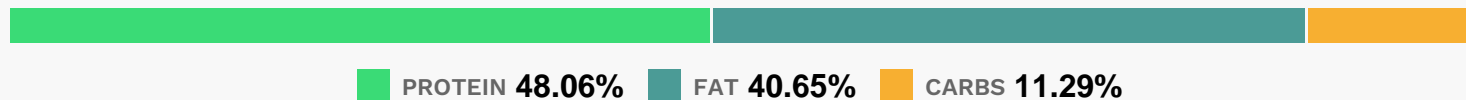
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ kitchen twine

## Directions

- ☐ Preheat oven to 50
- ☐ Remove giblets and neck from turkey; discard. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat.
- ☐ Combine 1 tablespoon oil, thyme, 1/2 teaspoon salt, 1/2 teaspoon pepper, and cheese in a small bowl. Rub cheese mixture under loosened skin over flesh.
- ☐ Place 1 pear and 1 onion in cavity. Lift wing tips up and over back; tuck under turkey. Tie legs together with kitchen twine.
- ☐ Place turkey on the rack of a roasting pan coated with cooking spray. Arrange remaining 3 pears and remaining onion, cut sides down, in a roasting pan coated with cooking spray; place rack with turkey in pan.
- ☐ Bake at 500 for 30 minutes.

- ☐ Pour 1 1/2 cups stock over turkey; reduce heat to 35
- ☐ Bake at 350 for 1 hour.
- ☐ Pour 1 1/2 cups stock over turkey; bake for 10 minutes.
- ☐ Brush 1 1/2 tablespoons walnut oil over turkey; bake 20 minutes.
- ☐ Brush remaining 1 1/2 tablespoons walnut oil over turkey; bake 10 minutes or until a thermometer inserted in the thickest part of the thigh registers 16
- ☐ Remove from oven.
- ☐ Place turkey, breast side down, on a rimmed baking sheet coated with cooking spray.
- ☐ Let stand 30 minutes.
- ☐ Strain pan drippings through a sieve into a bowl; discard solids.
- ☐ Place a zip-top plastic bag inside a 2-cup glass measure.
- ☐ Pour pan drippings into bag.
- ☐ Let stand 10 minutes (fat will rise to the top).
- ☐ Seal bag; carefully snip off 1 bottom corner of bag.
- ☐ Drain drippings into a saucepan, stopping before fat layer reaches opening; discard fat.
- ☐ Combine remaining 1 1/2 cups stock and flour in a bowl, stirring with a whisk.
- ☐ Add stock mixture and walnuts to pan; bring to a boil. Reduce heat, and simmer 10 minutes or until mixture thickens.
- ☐ Remove from heat; stir in remaining 1/2 teaspoon salt and remaining 1/2 teaspoon pepper.
- ☐ Pour mixture into a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure lid on blender.
- ☐ Place a clean towel over opening in blender lid (to avoid splatters). Process until smooth.
- ☐ Serve gravy with turkey.

## Nutrition Facts



## Properties

Glycemic Index:14.6, Glycemic Load:3.3, Inflammation Score:-8, Nutrition Score:22.530869369921%

Flavonoids

Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 419.71kcal (20.99%), Fat: 18.8g (28.93%), Saturated Fat: 4.28g (26.78%), Carbohydrates: 11.75g (3.92%), Net Carbohydrates: 9.85g (3.58%), Sugar: 5.57g (6.18%), Cholesterol: 158.27mg (52.76%), Sodium: 501.08mg (21.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.03g (100.06%), Vitamin B3: 17.6mg (88%), Selenium: 48.65µg (69.5%), Vitamin B6: 1.37mg (68.7%), Phosphorus: 451.58mg (45.16%), Vitamin B12: 2.65µg (44.21%), Vitamin B2: 0.49mg (28.93%), Zinc: 4.18mg (27.87%), Vitamin B5: 1.82mg (18.22%), Potassium: 635.38mg (18.15%), Magnesium: 68.94mg (17.24%), Copper: 0.3mg (14.93%), Iron: 2.5mg (13.88%), Manganese: 0.22mg (11.04%), Vitamin B1: 0.16mg (10.91%), Folate: 30.86µg (7.71%), Fiber: 1.9g (7.6%), Calcium: 73.47mg (7.35%), Vitamin C: 4.64mg (5.62%), Vitamin D: 0.66µg (4.39%), Vitamin A: 210.55IU (4.21%), Vitamin K: 2.69µg (2.56%), Vitamin E: 0.3mg (2.03%)