



Ojai Roast Turkey with Rosemary, Lemon, and Garlic



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



94

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons rosemary leaves fresh chopped
- ☐ 6 cloves garlic peeled
- ☐ 94 servings classic gravy
- ☐ 1 teaspoon coarse-ground pepper
- ☐ 1 tablespoon lemon zest shredded
- ☐ 10 oz lemons rinsed cut into 1-inch chunks
- ☐ 0.3 cup olive oil melted

- ☐ 8 oz onion peeled cut into 1-inch chunks
- ☐ 8 rosemary sprigs dried fresh rinsed
- ☐ 94 servings salt
- ☐ 14 lb turkey

Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ microwave

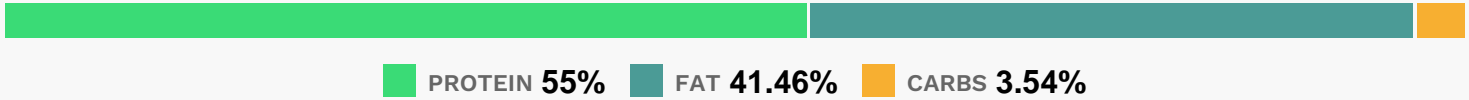
Directions

- ☐ Remove and discard leg truss from turkey. Pull off and discard any lumps of fat.
- ☐ Remove giblets and neck (they're often packed in neck or body cavity) and save for classic gravy. Rinse turkey inside and out; pat dry.
- ☐ Fill body cavity loosely with rosemary sprigs, garlic, onion, and lemons; if they don't all fit, tuck remaining into neck cavity. Fold skin flap under to hold in place. In a small bowl, mix olive oil, chopped rosemary, lemon peel, and pepper. Rub mixture all over turkey.
- ☐ Place turkey, breast up, on a V-shaped rack in a 12- by 17-inch roasting pan (or one that is at least 2 in. longer and wider than the bird). Insert a meat thermometer straight down through thickest part of breast to the bone. (If using an instant-read thermometer, insert when checking temperature.)
- ☐ Roast in a 325 or 350 regular or convection oven until thermometer registers 16
- ☐ (See below for times and temperatures.)
- ☐ Remove herbs and vegetables from cavities and save for other uses (see notes) or discard.
- ☐ Transfer turkey to a platter.
- ☐ Let stand in a warm place, uncovered, for 20 to 30 minutes, then carve. If thigh joints are still pink (common in an oven-roasted bird), cut drumsticks from thighs, place thighs in a baking pan, and bake in a 450 oven until no longer pink, 10 to 15 minutes, or put on a microwave-safe

plate and cook in a microwave oven at full power (100%) for 1 to 3 minutes.

- ☐ Bake in a 350 oven for 1 1/2–2 1/4 hr.
- ☐ Bake in a 325 oven for 2–3 hr.
- ☐ Bake in a 325 oven for 3–3 3/4 hr.
- ☐ Bake in a 325 oven for 3 1/2–4 1/2 hr.
- ☐ Times are for unstuffed birds. A stuffed bird may cook at the same rate as an unstuffed one; however, be prepared to allow 30 to 50 minutes longer.

Nutrition Facts



Properties

Glycemic Index:1.22, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:4.4908695700376%

Flavonoids

Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 77.23kcal (3.86%), Fat: 3.51g (5.4%), Saturated Fat: 0.82g (5.14%), Carbohydrates: 0.68g (0.23%), Net Carbohydrates: 0.51g (0.19%), Sugar: 0.23g (0.25%), Cholesterol: 34.61mg (11.54%), Sodium: 252.34mg (10.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.48g (20.95%), Vitamin B3: 3.67mg (18.35%), Vitamin B6: 0.3mg (14.78%), Selenium: 10.27µg (14.67%), Vitamin B12: 0.59µg (9.75%), Phosphorus: 89.39mg (8.94%), Zinc: 0.86mg (5.76%), Vitamin B2: 0.09mg (5.32%), Vitamin B5: 0.4mg (4.01%), Potassium: 117.32mg (3.35%), Magnesium: 12.71mg (3.18%), Iron: 0.46mg (2.54%), Vitamin C: 1.95mg (2.37%), Copper: 0.04mg (2.03%), Vitamin B1: 0.03mg (1.72%), Folate: 4.33µg (1.08%), Vitamin E: 0.16mg (1.06%)