



Orange-Bourbon Turkey

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



562 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.8 cup bourbon divided
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 cup blackstrap molasses
- ☐ 2 cups orange juice fresh (6 oranges)
- ☐ 4 oranges peeled
- ☐ 0.8 teaspoon salt divided
- ☐ 1 cup water
- ☐ 12 pound turkey fresh whole thawed

Equipment

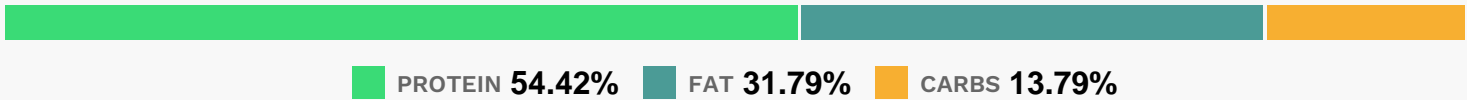
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ slotted spoon
- ☐ broiler pan

Directions

- ☐ Remove giblets and neck from turkey; discard. Rinse turkey thoroughly with cold water; pat dry.
- ☐ Combine orange juice, water, 1/2 cup bourbon, and molasses in a 2-gallon heavy-duty zip-top plastic bag; add turkey. Seal and marinate in refrigerator 4 to 24 hours, turning bag occasionally.
- ☐ Remove turkey from bag, reserving marinade.
- ☐ Preheat oven to 350
- ☐ Tie ends of legs with cord. Lift wing tips up and over back, and tuck under bird.
- ☐ Sprinkle 1/2 teaspoon salt into body cavity. Stuff cavity with oranges.
- ☐ Place turkey on a broiler pan coated with cooking spray or on a rack set in a shallow roasting pan. Insert meat thermometer into meaty part of thigh, making sure not to touch bone.
- ☐ Bake at 350 for 3 hours or until thermometer registers 180
- ☐ (Cover turkey loosely with foil if it gets too brown.)
- ☐ Remove turkey from oven. Cover turkey loosely with foil; let stand at least 10 minutes before carving. Discard oranges.

- ☐ Pour reserved marinade into a saucepan; bring to a boil. Skim foam from mixture with aslotted spoon; discard. Reduce heat to medium; cook until reduced to 3 1/2 cups (about 15minutes).
- ☐ Combine 1/4 cup bourbon and flour in a small bowl, stirring well with a whisk.
- ☐ Add to reduced marinade; bring to a boil, and cook 1 minute, stirring constantly. Stir in 1/4 teaspoon salt.
- ☐ Serve sauce with turkey.
- ☐ Garnish with orange slices and parsley sprigs, if desired.
- ☐ NOTE: To substitute a 5-pound turkey breast for a 12-pound turkey: Omit the 4 peeled oranges used to stuff the whole turkey; disregard the giblets, neck, legs, and wings. Insert meat thermometer into meaty part of turkey breast, making sure not to touch the breastbone.
- ☐ Bake at 350 for 1 hour and 45 minutes or until thermometer registers 17
- ☐ (Cover turkey loosely with foil if it gets too brown.)

Nutrition Facts



Properties

Glycemic Index:19.04, Glycemic Load:8.05, Inflammation Score:-7, Nutrition Score:32.480000196916%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 16.84mg, Hesperetin: 16.84mg, Hesperetin: 16.84mg, Hesperetin: 16.84mg Naringenin: 7.57mg, Naringenin: 7.57mg, Naringenin: 7.57mg, Naringenin: 7.57mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 561.84kcal (28.09%), Fat: 18.33g (28.19%), Saturated Fat: 4.73g (29.54%), Carbohydrates: 17.87g (5.96%), Net Carbohydrates: 16.69g (6.07%), Sugar: 14.75g (16.38%), Cholesterol: 231.88mg (77.29%), Sodium: 511.09mg (22.22%), Alcohol: 5.01g (100%), Alcohol %: 1.4% (100%), Protein: 70.59g (141.17%), Vitamin B3: 25.06mg (125.32%), Vitamin B6: 2.04mg (101.78%), Selenium: 71.16µg (101.66%), Vitamin B12: 3.93µg (65.48%), Phosphorus: 608.02mg (60.8%), Vitamin C: 43.9mg (53.21%), Zinc: 5.83mg (38.88%), Vitamin B2: 0.64mg (37.39%), Potassium: 1022.11mg (29.2%), Vitamin B5: 2.88mg (28.83%), Magnesium: 112.69mg (28.17%), Iron: 3.43mg (19.07%), Copper: 0.34mg (17.03%), Vitamin B1: 0.25mg (16.62%), Folate: 51.47µg (12.87%), Manganese: 0.21mg (10.72%), Calcium: 77.59mg

(7.76%), Vitamin A: 361.27IU (7.23%), Vitamin D: 0.97µg (6.44%), Fiber: 1.18g (4.73%), Vitamin E: 0.39mg (2.57%)