



Orange-Glazed Roasted Turkey



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



760 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 10 servings pan gravy
- ☐ 3 tablespoons honey
- ☐ 10 servings garnishes: flowering kale red
- ☐ 1 tablespoon mustard coarse-grained
- ☐ 1.5 cups orange juice
- ☐ 0.3 cup orange marmalade
- ☐ 2 teaspoons orange rind grated

- ☐ 10 servings salt and pepper
- ☐ 12 pound turkey
- ☐ 1.5 cups turkey broth
- ☐ 3 tablespoons vegetable oil
- ☐ 10 servings cheesecloth
- ☐ 10 servings cheesecloth

Equipment

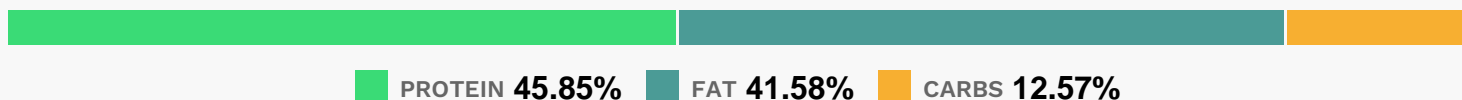
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler pan
- ☐ cheesecloth

Directions

- ☐ Cut a 36" length of cheesecloth; unfold to a single layer (measuring 36" square). Fold cheesecloth in half crosswise; fold in half lengthwise to make an 18" square.
- ☐ Pour orange juice into a small bowl; submerge cheesecloth square in orange juice, and let soak 5 minutes.
- ☐ Remove giblets and neck from turkey; reserve for making homemade broth, if desired. Rinse turkey thoroughly with cold water; pat dry.
- ☐ Sprinkle cavity with salt and pepper.
- ☐ Place turkey, breast side up, in a greased broiler pan. Tie legs together with heavy string, or tuck them under flap of skin; wrap a small piece of aluminum foil around ends of legs. Lift wingtips up and over back, and tuck under bird.
- ☐ Brush turkey with oil; add broth to pan.
- ☐ Lift cheesecloth out of orange juice, and squeeze lightly, leaving it very damp; reserve orange juice in bowl.

- ☐ Add butter and next 4 ingredients to orange juice; stir well.
- ☐ Brush turkey lightly with orange glaze mixture. Unfold cheesecloth to 18" square.
- ☐ Spread cheesecloth over most of turkey, covering legs and wings.
- ☐ Brush cheesecloth and exposed parts of turkey with orange glaze mixture; pour remaining glaze over covered breast of turkey.
- ☐ Insert a meat thermometer into meaty portion of thigh, making sure it does not touch bone.
- ☐ Bake at 325 on bottom oven rack until thermometer registers 170 (2 1/2 to 3 hours), basting cheesecloth and exposed areas of turkey every 30 minutes with pan juices. (Cheesecloth will become very brown as turkey roasts.)
- ☐ Carefully remove and discard cheesecloth.
- ☐ Cut string holding legs together; remove small piece of aluminum foil. Baste turkey heavily with pan drippings.
- ☐ Bake turkey at 325 for 30 additional minutes or until thermometer registers 180, basting heavily with pan drippings every 10 minutes. (Turkey skin can overbrown easily, so watch carefully.)
- ☐ When turkey is done, let stand in pan 15 minutes; then carefully transfer to a serving platter.
- ☐ Brush again with pan drippings; reserve remaining pan drippings for Pan Gravy. Cover turkey with foil while preparing gravy.
- ☐ Garnish platter with kale, baby artichokes and red grapes, if desired.
- ☐ Serve turkey with Pan Gravy.
- ☐ Note: If you are using a larger or smaller turkey, adjust roasting time accordingly, and remove cheesecloth for the last 30 minutes of roasting. The turkey browns quickly after removing cheesecloth, so baste often at that point.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:4.68, Inflammation Score:-8, Nutrition Score:35.002608962681%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 4.45mg, Hesperetin: 4.45mg, Hesperetin: 4.45mg, Hesperetin: 4.45mg Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 759.9kcal (38%), Fat: 35.23g (54.2%), Saturated Fat: 8.19g (51.19%), Carbohydrates: 23.95g (7.98%), Net Carbohydrates: 19.11g (6.95%), Sugar: 15.05g (16.72%), Cholesterol: 279.04mg (93.01%), Sodium: 996.88mg (43.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 87.41g (174.82%), Vitamin B3: 29.74mg (148.72%), Selenium: 83.11µg (118.72%), Vitamin B6: 2.34mg (116.78%), Vitamin B12: 4.73µg (78.89%), Phosphorus: 719.84mg (71.98%), Zinc: 6.95mg (46.34%), Vitamin B2: 0.76mg (44.52%), Vitamin B5: 3.23mg (32.3%), Vitamin A: 1464.27IU (29.29%), Potassium: 960.56mg (27.44%), Iron: 4.85mg (26.95%), Vitamin C: 21.29mg (25.8%), Magnesium: 102.5mg (25.62%), Fiber: 4.84g (19.36%), Copper: 0.33mg (16.52%), Vitamin B1: 0.23mg (15.42%), Folate: 39.4µg (9.85%), Calcium: 86.29mg (8.63%), Vitamin D: 1.16µg (7.73%), Vitamin K: 7.56µg (7.2%), Vitamin E: 1.07mg (7.16%), Manganese: 0.08mg (4.06%)