



Orange-Sage Roasted Turkey



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 0.5 cup sage fresh chopped
- ☐ 2 tablespoons honey divided
- ☐ 1 cranberry-orange relish quartered
- ☐ 1.3 cups orange juice fresh divided (3 oranges)
- ☐ 2 tablespoons orange rind grated
- ☐ 1.1 teaspoons salt divided
- ☐ 15 pound turkey fresh thawed

Equipment

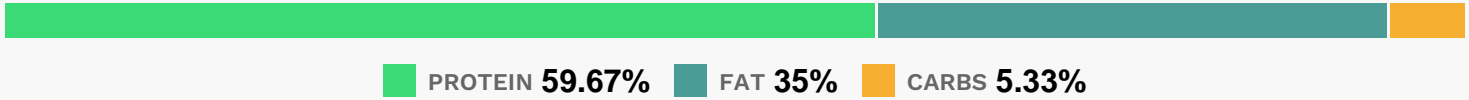
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Preheat oven to 32
- ☐ Remove and discard giblets and neck from turkey. Rinse turkey with cold water; pat dry. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat. Lift wing tips up and over back; tuck under turkey.
- ☐ Place turkey on the rack of a broiler pan or roasting pan coated with cooking spray.
- ☐ Combine the sage, rind, and 1 teaspoon salt. Rub sage mixture under loosened skin and inside the body cavity.
- ☐ Combine 1/4 cup juice and 1 tablespoon honey; pour over turkey.
- ☐ Place orange quarters inside body cavity.
- ☐ Insert meat thermometer into meaty part of thigh, making sure not to touch bone.
- ☐ Bake at 325 for 3 hours or until meat thermometer registers 18
- ☐ Cover turkey loosely with foil, and let stand for 10 minutes. Discard the skin and orange wedges.
- ☐ Remove turkey from pan, reserving pan drippings for sauce.
- ☐ Place turkey on a platter; keep warm.

- ☐
- To make the sauce, pour reserved pan drippings into a zip-top plastic bag. Seal bag; snip off 1 corner of bag.
- ☐
- Drain drippings into a medium saucepan, stopping before the fat layer reaches the opening; discard fat. (You should have about 2/3 cup drippings; add enough water or fat-free, low-sodium chicken broth to make up the difference, if necessary).
- ☐
- Add 1/8 teaspoon salt, 1/2 cup juice, and 1 tablespoon honey to drippings in pan; bring to a boil. Reduce heat, and simmer 1 minute.
- ☐
- Combine 1/2 cup juice and cornstarch in a small bowl; add to drippings mixture. Bring to a boil, and cook for 1 minute, stirring constantly.
- ☐
- Serve sauce with turkey.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:2.48, Inflammation Score:-5, Nutrition Score:29.754347838299%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 4.55mg, Hesperetin: 4.55mg, Hesperetin: 4.55mg, Hesperetin: 4.55mg Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg 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: 449.48kcal (22.47%), Fat: 17.1g (26.31%), Saturated Fat: 4.43g (27.68%), Carbohydrates: 5.86g (1.95%), Net Carbohydrates: 5.5g (2%), Sugar: 4.73g (5.25%), Cholesterol: 217.38mg (72.46%), Sodium: 502.05mg (21.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 65.59g (131.17%), Vitamin B3: 23.15mg (115.75%), Selenium: 64.41µg (92.02%), Vitamin B6: 1.82mg (91.16%), Copper: 1.48mg (73.84%), Vitamin B12: 3.68µg (61.39%), Phosphorus: 557.44mg (55.74%), Zinc: 5.41mg (36.04%), Vitamin B2: 0.57mg (33.52%), Vitamin B5: 2.51mg (25.11%), Potassium: 734.61mg (20.99%), Magnesium: 79.36mg (19.84%), Vitamin C: 15.08mg (18.27%), Iron: 2.71mg (15.05%), Vitamin B1: 0.17mg (11.44%), Folate: 29.68µg (7.42%), Vitamin D: 0.91µg (6.04%), Vitamin A: 229.4IU (4.59%), Calcium: 42.75mg (4.28%), Manganese: 0.08mg (4.21%), Vitamin E: 0.3mg (1.97%), Fiber: 0.35g (1.41%)