



Oregano-Coriander-Rubbed Turkey



Gluten Free



Dairy Free

READY IN



200 min.

SERVINGS



12

CALORIES



469 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 garlic cloves crushed
- ☐ 2 tablespoons ground coriander
- ☐ 1 tablespoon lemon rind grated
- ☐ 2 lemons halved
- ☐ 1 teaspoon olive oil
- ☐ 2 tablespoons oregano dried
- ☐ 1 teaspoon salt

☐ 12 pound turkey fresh thawed

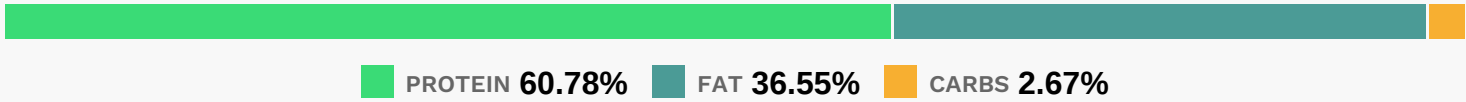
Equipment

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

Directions

- ☐ Preheat oven to 35
- ☐ Remove and discard giblets and neck from turkey. Rinse turkey with cold water, and pat dry. Trim excess fat.
- ☐ Brush oil over turkey.
- ☐ Combine oregano, coriander, lemon rind, salt, and pepper in a bowl. Rub mixture over skin.
- ☐ Place garlic and lemon in cavity; tie ends of legs together with cord. Lift wing tips up and over back; tuck under turkey.
- ☐ Place turkey, breast side up, on a broiler pan coated with cooking spray.
- ☐ Bake at 350 for 1 hour, and cover breast with foil.
- ☐ Bake an additional 2 hours or until a thermometer inserted in thigh registers 18
- ☐ Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:7.71, Glycemic Load:0.39, Inflammation Score:-8, Nutrition Score:28.988260839296%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg,

Naringenin: 0.1mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 468.51kcal (23.43%), Fat: 18.74g (28.83%), Saturated Fat: 4.78g (29.88%), Carbohydrates: 3.09g (1.03%), Net Carbohydrates: 1.79g (0.65%), Sugar: 0.71g (0.78%), Cholesterol: 231.88mg (77.29%), Sodium: 555.53mg (24.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 70.13g (140.26%), Vitamin B3: 24.66mg (123.29%), Selenium: 69.04µg (98.63%), Vitamin B6: 1.96mg (98.13%), Vitamin B12: 3.93µg (65.48%), Phosphorus: 598.21mg (59.82%), Zinc: 5.82mg (38.78%), Vitamin B2: 0.61mg (35.74%), Vitamin B5: 2.66mg (26.61%), Potassium: 772.25mg (22.06%), Magnesium: 87.36mg (21.84%), Iron: 3.35mg (18.6%), Copper: 0.27mg (13.6%), Vitamin C: 10.61mg (12.86%), Vitamin B1: 0.17mg (11.14%), Folate: 26.6µg (6.65%), Vitamin D: 0.97µg (6.44%), Manganese: 0.13mg (6.26%), Calcium: 61.84mg (6.18%), Vitamin K: 5.53µg (5.27%), Fiber: 1.3g (5.19%), Vitamin A: 199.26IU (3.99%), Vitamin E: 0.52mg (3.46%)