



Oven Roasted Turkey with Sage Butter

 Gluten Free

READY IN



190 min.

SERVINGS



12

CALORIES



765 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 sticks butter softened
- ☐ 2 tablespoons butter
- ☐ 0.3 cup chicken stock see
- ☐ 6 large cornmeal muffins cubed
- ☐ 1 eggs
- ☐ 0.3 cup heavy cream
- ☐ 12 servings kosher salt and pepper black freshly ground
- ☐ 12 servings olive oil extra-virgin

- ☐ 2 onions chopped
- ☐ 0.3 cup sage chopped
- ☐ 1 Handful sage leaves fresh chopped
- ☐ 12 servings salt and pepper
- ☐ 12 servings salt and pepper black freshly ground
- ☐ 12 pound turkey fresh

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

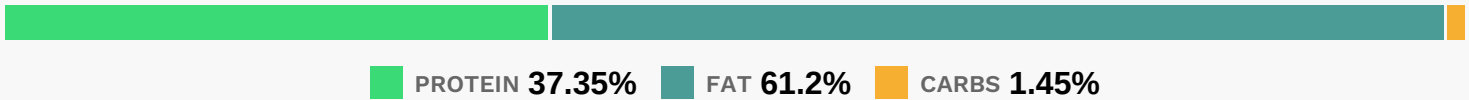
Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 375 degrees F and remove the top rack of the oven.
- ☐ Rinse the bird thoroughly inside and out with cold water, and pat dry with paper towels.
- ☐ Sprinkle the cavity and skin liberally with salt and pepper. Stuff the cavity with stuffing and, if required, truss the legs. Cover the turkey with olive oil and season well with salt and pepper. Push the sage butter under the skin of the turkey, being careful not to puncture the skin.
- ☐ Put the turkey on a rack in a large roasting pan, and into the oven. Continue cooking until an instant-read thermometer inserted into the meaty part of the thigh registers 170 degrees F. The thigh juices will run clear when pricked with a knife, about 3 hours total (15 minutes per

pound). If the legs or breast brown too quickly during roasting, cover them with foil.

- ☐ Combine all ingredients.
- ☐ Melt the butter in a medium skillet over medium heat.
- ☐ Add the onions and cook, stirring, for about 10 minutes, or until soft and caramelized.
- ☐ Add sage and scrape into a large mixing bowl.
- ☐ Add the cornbread pieces, season well with salt and pepper, and give it a good toss until it's well combined. In a separate bowl, whisk together the egg, cream, and stock, and pour that over the cornbread. Stir the stuffing together and stuff the cavity of the turkey. You could also spoon it into a buttered baking dish and put it in the oven along with the turkey.
- ☐ Bake until hot and crusty on top, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:0.63, Inflammation Score:-7, Nutrition Score:34.050434672314%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 764.9kcal (38.24%), Fat: 51.64g (79.44%), Saturated Fat: 18.84g (117.72%), Carbohydrates: 2.75g (0.92%), Net Carbohydrates: 2.26g (0.82%), Sugar: 1.23g (1.37%), Cholesterol: 296.78mg (98.93%), Sodium: 705.41mg (30.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 70.92g (141.84%), Copper: 3.65mg (182.38%), Vitamin B3: 24.71mg (123.53%), Selenium: 70.32µg (100.46%), Vitamin B6: 1.97mg (98.31%), Vitamin B12: 4.01µg (66.76%), Phosphorus: 613.09mg (61.31%), Zinc: 5.89mg (39.25%), Vitamin B2: 0.64mg (37.67%), Vitamin B5: 2.73mg (27.32%), Potassium: 777.47mg (22.21%), Magnesium: 86.54mg (21.63%), Vitamin E: 2.89mg (19.27%), Iron: 3.13mg (17.4%), Vitamin A: 803.6IU (16.07%), Vitamin B1: 0.17mg (11.55%), Manganese: 0.2mg (10.18%), Vitamin K: 10.49µg (9.99%), Vitamin D: 1.12µg (7.46%), Folate: 29.04µg (7.26%), Calcium: 58.69mg (5.87%), Fiber: 0.49g (1.96%), Vitamin C: 1.4mg (1.69%)