



Pancetta-Sage Turkey with Pancetta-Sage Gravy

READY IN



45 min.

SERVINGS



12

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup flour
- 2 teaspoons pepper black freshly ground
- 1 cup wine dry white
- 1 teaspoon rosemary leaves fresh chopped
- 1 teaspoon sage fresh chopped
- 4 garlic clove peeled
- 2 tablespoons olive oil
- 0.5 cup pancetta diced italian thinly sliced (bacon; 3 ounces)

- 0.3 cup parmesan cheese finely grated
- 4 rosemary leaves fresh
- 8 sage fresh
- 2 tablespoons shallots minced
- 0.3 cup shallots chopped
- 14 pound turkey stock dry rinsed for shortcut turkey stock
- 3 cups turkey stock
- 0.3 cup butter unsalted room temperature ()

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- roasting pan
- kitchen thermometer
- aluminum foil
- measuring cup

Directions

- With machine running, drop garlic down feed tube of processor and chop.
- Add pancetta. Pulse to chop finely.
- Add all remaining ingredients. Pulse blending to coarse paste.
- Transfer to small bowl. DO AHEAD: Can be made 2 days ahead. Cover and chill. Bring to room temperature before using.
- Set rack at lowest position in oven and preheat to 325°F.
- Sprinkle main turkey cavity with salt and pepper.

- Spread with 2 tablespoons pancetta-sage butter. Starting at neck end, slide hand between skin and meat of breast, thighs, and upper drumsticks to loosen skin.
- Spread remaining butter over thighs, drumsticks, and breast meat under skin. Fill main cavity with herb sprigs. Tie legs loosely to hold shape. Tuck wing tips under.
- Place turkey on rack set in large roasting pan. Rub turkey all over with oil; sprinkle with salt and pepper.
- Pour 2 cups stock into pan.
- Roast turkey until thermometer inserted into thickest part of thigh registers 165°F to 170°F, about 3 hours. Tilt turkey so juices run into pan.
- Transfer turkey to platter. Tent with foil; let rest at least 30 minutes (temperature will rise 5 to 10 degrees). Reserve pan.
- Scrape juices and browned bits from roasting pan into large glass measuring cup. Spoon off fat. Reserve 2 tablespoons.
- Heat 2 tablespoons reserved fat in large saucepan over medium-high heat.
- Add pancetta; sauté until beginning to crisp, about 5 minutes.
- Add shallots; sauté 1 minute. Reduce heat to medium.
- Add flour; whisk until golden, about 4 minutes.
- Whisk in 3 cups stock, wine, and degreased pan juices. Bring to boil, whisking. Cook to desired consistency, about 5 minutes.
- Whisk in rosemary and sage; season to taste with salt and pepper.

Nutrition Facts

■ PROTEIN **20.89%** ■ FAT **48.4%** ■ CARBS **30.71%**

Properties

Glycemic Index:17.67, Glycemic Load:1.92, Inflammation Score:-4, Nutrition Score:12.85347832545%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg,

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 349.9kcal (17.49%), Fat: 17.8g (27.39%), Saturated Fat: 6.3g (39.37%), Carbohydrates: 25.42g (8.47%), Net Carbohydrates: 24.97g (9.08%), Sugar: 10.03g (11.14%), Cholesterol: 36.14mg (12.05%), Sodium: 945.79mg (41.12%), Alcohol: 2.06g (100%), Alcohol %: 0.41% (100%), Protein: 17.29g (34.59%), Vitamin B3: 9.9mg (49.49%), Copper: 0.93mg (46.47%), Vitamin B2: 0.54mg (31.56%), Selenium: 16.84µg (24.06%), Vitamin B6: 0.44mg (21.77%), Phosphorus: 200.11mg (20.01%), Potassium: 692.83mg (19.8%), Vitamin B1: 0.26mg (17.49%), Folate: 37.35µg (9.34%), Iron: 1.65mg (9.15%), Magnesium: 30.96mg (7.74%), Zinc: 1.13mg (7.5%), Manganese: 0.15mg (7.26%), Calcium: 47.99mg (4.8%), Vitamin E: 0.68mg (4.56%), Vitamin K: 3.65µg (3.48%), Vitamin A: 169.67IU (3.39%), Vitamin C: 2.09mg (2.53%), Fiber: 0.45g (1.8%), Vitamin B12: 0.09µg (1.42%), Vitamin B5: 0.12mg (1.2%)