



Perfect Roast Turkey

 Gluten Free

READY IN



185 min.

SERVINGS



8

CALORIES



747 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 servings pepper black freshly ground
- 1 large bunch thyme leaves fresh
- 1 head garlic halved
- 8 servings kosher salt
- 1 optional: lemon halved
- 1 onion spanish quartered
- 12 pound turkey fresh
- 4 tablespoons butter unsalted melted ()

Equipment

- frying pan
- oven
- roasting pan
- aluminum foil
- cutting board

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Take the giblets out of the turkey and wash the turkey inside and out.
- Remove any excess fat and leftover pinfeathers and pat the outside dry.
- Place the turkey in a large roasting pan. Liberally salt and pepper the inside of the turkey cavity. Stuff the cavity with the thyme, lemon, onion, quartered, and the garlic.
- Brush the outside of the turkey with the butter and sprinkle with salt and pepper. Tie the legs together with string and tuck the wing tips under the body of the turkey.
- Roast the turkey for 2 1/2 hours, basting from time to time with pan juices, until the juices run clear when you cut between the leg and the thigh.
- Remove the turkey to a cutting board and cover with foil; let it rest for 20 minutes. Slice the turkey and serve hot.

Nutrition Facts

 **PROTEIN 57.36%**  **FAT 40.51%**  **CARBS 2.13%**

Properties

Glycemic Index:19.94, Glycemic Load:0.87, Inflammation Score:-8, Nutrition Score:36.059564859971%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg,

Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 746.71kcal (37.34%), Fat: 33.01g (50.78%), Saturated Fat: 10.67g (66.7%), Carbohydrates: 3.89g (1.3%), Net Carbohydrates: 3.11g (1.13%), Sugar: 1.25g (1.39%), Cholesterol: 362.86mg (120.95%), Sodium: 737.09mg (32.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 105.16g (210.32%), Vitamin B3: 36.93mg (184.65%), Vitamin B6: 2.97mg (148.33%), Selenium: 103.59µg (147.99%), Vitamin B12: 5.91µg (98.42%), Phosphorus: 897.9mg (89.79%), Zinc: 8.69mg (57.92%), Vitamin B2: 0.91mg (53.46%), Vitamin B5: 3.99mg (39.92%), Potassium: 1140.92mg (32.6%), Magnesium: 125.21mg (31.3%), Iron: 4.42mg (24.58%), Copper: 0.4mg (19.91%), Vitamin B1: 0.25mg (16.75%), Vitamin C: 10.06mg (12.2%), Vitamin D: 1.55µg (10.36%), Folate: 38.47µg (9.62%), Vitamin A: 473.31IU (9.47%), Manganese: 0.16mg (8.02%), Calcium: 70.41mg (7.04%), Vitamin E: 0.62mg (4.16%), Fiber: 0.78g (3.12%)