



Perfect Roast Turkey

 Gluten Free

READY IN



200 min.

SERVINGS



8

CALORIES



685 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 servings pepper black freshly ground
- 1 large bunch thyme leaves fresh
- 1 teaspoon thyme leaves fresh chopped
- 1 head garlic halved
- 8 servings kosher salt
- 1 optional: lemon whole halved
- 1 lemon zest juiced
- 1 onion spanish quartered

- 10 pounds turkey fresh
- 0.3 pound butter unsalted (1 stick)

Equipment

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

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Melt the butter in a small saucepan.
- Add the zest and juice of the lemon and 1 teaspoon of thyme leaves to the butter mixture. Set aside.
- 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 bunch of thyme, halved lemon, quartered onion, and the garlic.
- Brush the outside of the turkey with the butter mixture 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 about 2 1/2 hours, or until the juices run clear when you cut between the leg and the thigh.
- Remove the turkey to a cutting board and cover with aluminum foil; let rest for 20 minutes.
- Slice the turkey and serve.

Nutrition Facts



■ PROTEIN 51.95% ■ FAT 45.64% ■ CARBS 2.41%

Properties

Glycemic Index:25.56, Glycemic Load:0.88, Inflammation Score:-8, Nutrition Score:32.982174085534%

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: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg 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: 685.24kcal (34.26%), Fat: 34.29g (52.76%), Saturated Fat: 13.18g (82.39%), Carbohydrates: 4.08g (1.36%), Net Carbohydrates: 3.18g (1.16%), Sugar: 1.24g (1.37%), Cholesterol: 320.32mg (106.77%), Sodium: 647.77mg (28.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 87.82g (175.64%), Vitamin B3: 30.8mg (153.99%), Vitamin B6: 2.49mg (124.33%), Selenium: 86.52µg (123.6%), Vitamin B12: 4.94µg (82.26%), Phosphorus: 752.64mg (75.26%), Zinc: 7.27mg (48.45%), Vitamin B2: 0.76mg (44.95%), Vitamin B5: 3.35mg (33.51%), Potassium: 965.02mg (27.57%), Magnesium: 105.74mg (26.44%), Iron: 3.78mg (21.01%), Copper: 0.34mg (16.97%), Vitamin B1: 0.21mg (14.24%), Vitamin C: 11.43mg (13.86%), Vitamin A: 619.78IU (12.4%), Vitamin D: 1.42µg (9.47%), Folate: 33.26µg (8.31%), Manganese: 0.16mg (7.77%), Calcium: 65.3mg (6.53%), Vitamin E: 0.72mg (4.8%), Fiber: 0.89g (3.58%), Vitamin K: 1.27µg (1.21%)