



HEALTH SCORE

63%

Perfect Roast Turkey



Gluten Free



Very Healthy

READY IN



190 min.

SERVINGS



8

CALORIES



924 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 4 tablespoons butter melted
- ☐ 8 carrots peeled cut in 2-inch chunks
- ☐ 3 heads fennel bulb cut in wedges through the core
- ☐ 1 large bunch thyme leaves fresh
- ☐ 1 head garlic halved
- ☐ 8 servings kosher salt
- ☐ 1 optional: lemon halved

- ☐ 10 new potatoes red quartered
- ☐ 0.3 cup olive oil good
- ☐ 3 onions spanish
- ☐ 12 pound turkey fresh

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, 1 onion, quartered, and the garlic.
- ☐ Brush the outside of the turkey with the butter and sprinkle again with salt and pepper. Tie the legs together with string and tuck the wing tips under the body of the turkey. Peel and slice the remaining onions, toss them with olive oil, and scatter them around the turkey.
- ☐ Roast the turkey for 1 hour. Toss the carrots, potatoes, and fennel with the olive oil and add to the roasting pan. Return the pan to the oven and continue to roast for about 1 1/2 hours more, 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 foil for 20 minutes. Stir the vegetables and return the pan to the oven. Continue to cook the vegetables while the turkey rests. Slice the turkey and serve on a platter with the roasted vegetables.

Nutrition Facts



 **PROTEIN 47.22%**  **FAT 39.32%**  **CARBS 13.46%**

Properties

Glycemic Index:48.14, Glycemic Load:13.99, Inflammation Score:-10, Nutrition Score:51.556521788887%

Flavonoids

Eriodictyol: 3.83mg, Eriodictyol: 3.83mg, Eriodictyol: 3.83mg, Eriodictyol: 3.83mg 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: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 9.41mg, Quercetin: 9.41mg, Quercetin: 9.41mg, Quercetin: 9.41mg

Nutrients (% of daily need)

Calories: 923.5kcal (46.17%), Fat: 40.17g (61.8%), Saturated Fat: 11.73g (73.33%), Carbohydrates: 30.94g (10.31%), Net Carbohydrates: 23.72g (8.63%), Sugar: 9.3g (10.34%), Cholesterol: 362.86mg (120.95%), Sodium: 874.48mg (38.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 108.53g (217.06%), Vitamin A: 10783.51IU (215.67%), Vitamin B3: 38.86mg (194.31%), Vitamin B6: 3.33mg (166.57%), Selenium: 104.61µg (149.45%), Phosphorus: 1011mg (101.1%), Vitamin B12: 5.91µg (98.42%), Vitamin K: 69.43µg (66.12%), Zinc: 9.26mg (61.73%), Vitamin B2: 1mg (58.95%), Potassium: 2034.33mg (58.12%), Vitamin C: 40.02mg (48.51%), Vitamin B5: 4.6mg (46.03%), Magnesium: 166.3mg (41.58%), Iron: 5.89mg (32.72%), Fiber: 7.22g (28.87%), Copper: 0.57mg (28.44%), Manganese: 0.56mg (27.88%), Vitamin B1: 0.37mg (24.6%), Folate: 90.18µg (22.54%), Vitamin E: 2.52mg (16.8%), Calcium: 148.33mg (14.83%), Vitamin D: 1.45µg (9.66%)