



Perfect Roast Turkey: Cheesecloth Method

READY IN



45 min.

SERVINGS



14

CALORIES



869 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 20 pound turkey fresh whole
- 1.5 cups butter unsalted melted room temperature (3 sticks)
- 750 ml wine dry white
- 2 teaspoons salt
- 2 teaspoons pepper black freshly ground
- 1 serving pepperidge farm sage and onion stuffing stuffing
- 1 serving veggie broth

Equipment

frying pan

Directions

Roast Spatchcocked Turkey

Roast Turkey with Cornbread Stuffing

Upside-Down Turkey

Roasted

Rolled Turkey Breast with Herbs

Lemon-Herb Turkey with Bay Butter and Gravy

Roast Turkey with Maple-Mustard Glaze and Pan Gravy

Nutrition Facts


■ PROTEIN 48.82% ■ FAT 50.28% ■ CARBS 0.9%

Properties

Glycemic Index:6.57, Glycemic Load:0.34, Inflammation Score:-7, Nutrition Score:34.91086960098%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 869.33kcal (43.47%), Fat: 45.69g (70.29%), Saturated Fat: 19.22g (120.13%), Carbohydrates: 1.84g (0.61%), Net Carbohydrates: 1.77g (0.64%), Sugar: 0.96g (1.06%), Cholesterol: 383.54mg (127.85%), Sodium: 920.43mg (40.02%), Alcohol: 5.6g (100%), Alcohol %: 1.27% (100%), Protein: 99.84g (199.67%), Vitamin B3: 35.18mg (175.91%), Selenium: 98.34µg (140.49%), Vitamin B6: 2.78mg (139.23%), Vitamin B12: 5.65µg (94.24%), Phosphorus: 858.03mg (85.8%), Zinc: 8.28mg (55.21%), Vitamin B2: 0.87mg (51.07%), Vitamin B5: 3.79mg (37.86%), Potassium: 1078.9mg (30.83%), Magnesium: 121.44mg (30.36%), Iron: 4.14mg (23%), Copper: 0.36mg (18.22%), Vitamin A: 902.97IU (18.06%), Vitamin B1: 0.23mg (15.01%), Vitamin D: 1.75µg (11.63%), Folate: 33.55µg (8.39%), Manganese: 0.16mg (7.86%), Vitamin E: 0.98mg (6.55%), Calcium: 62.83mg (6.28%), Vitamin K: 2.4µg (2.28%)