



Pomegranate-Glazed Turkey With Wild Rice Stuffing

 Gluten Free

READY IN



265 min.

SERVINGS



14

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup roasted chestnuts fresh jarred roughly chopped (or)
- 1.5 teaspoons savory fresh finely chopped
- 0.3 cup parsley fresh finely chopped
- 1 tablespoon thyme leaves fresh finely chopped
- 1 tablespoons honey
- 14 servings kosher salt
- 0.8 cup onion finely chopped

- 4 slices pancetta
- 14 servings pepper freshly ground
- 1.5 cups pomegranate juice
- 12 pound turkey frozen thawed (if)
- 2 tablespoons butter unsalted
- 1.5 cups rice wild rinsed

Equipment

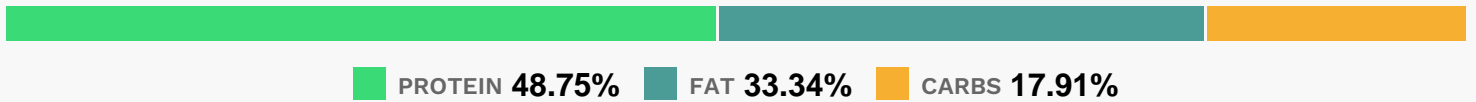
- frying pan
- baking sheet
- paper towels
- oven
- pot
- toothpicks
- roasting pan
- kitchen thermometer
- skewers
- kitchen twine

Directions

- Combine the wild rice, 3 cups water and 1 teaspoon salt in a medium pot. Bring to a boil over high heat, stirring once. Reduce the heat to low, cover and cook until the rice absorbs all of the liquid, 45 to 55 minutes.
- Meanwhile, preheat the oven to 350 degrees F.
- Spread the chestnuts on a baking sheet and toast in the oven to remove some of their moisture, about 10 minutes.
- Melt the butter in a large skillet over medium heat.
- Add the onion, thyme, savory and parsley and cook until the onion softens, about 5 minutes. Stir in the cooked rice and the toasted chestnuts and season with salt and pepper.
- Remove from the heat and cool slightly.

- Remove the neck, giblets and any excess fat from the turkey; discard. Rinse the turkey under cold water and pat dry with paper towels. Season the cavity with salt and loosely fill with the rice stuffing, leaving space for the rice to expand during cooking.
- Put the pancetta slices over the cavity opening and secure with toothpicks or skewers to enclose the stuffing. Truss the legs and wings with kitchen twine.
- Rub the outside of the turkey with salt and pepper and place on a rack in a roasting pan. Roast until the skin is golden brown and a thermometer inserted into the breast registers 165 degrees F to 170 degrees F, 2 hours 30 minutes to 3 hours.
- Transfer the turkey to a platter and let rest 30 minutes. Meanwhile, pour the drippings from the roasting pan into a skillet; add the pomegranate juice and honey. Bring to a simmer over low heat and cook, stirring occasionally, until slightly syrupy and reduced by half, about 20 minutes. Season with salt and pepper.
- Brush the turkey with some of the glaze.
- Garnish the platter with rosemary, if desired, and serve with more glaze.
- Photograph by Kana Okada
- ACTIVE: 1 hr 10 min | TOTAL: 4 hr 25 min | SERVES: 12 to 14

Nutrition Facts



Properties

Glycemic Index:21.31, Glycemic Load:9.9, Inflammation Score:-8, Nutrition Score:29.370434615923%

Flavonoids

Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Apigenin: 2.32mg, Apigenin: 2.32mg, Apigenin: 2.32mg, Apigenin: 2.32mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 525.03kcal (26.25%), Fat: 19.2g (29.54%), Saturated Fat: 5.67g (35.45%), Carbohydrates: 23.2g (7.73%), Net Carbohydrates: 21.82g (7.94%), Sugar: 5.56g (6.18%), Cholesterol: 205.69mg (68.56%), Sodium: 534.53mg

(23.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 63.16g (126.32%), Vitamin B3: 22.59mg (112.96%), Vitamin B6: 1.79mg (89.58%), Selenium: 60.24µg (86.06%), Phosphorus: 596.31mg (59.63%), Vitamin B12: 3.39µg (56.52%), Zinc: 6.1mg (40.66%), Vitamin B2: 0.57mg (33.62%), Magnesium: 107.24mg (26.81%), Vitamin B5: 2.59mg (25.91%), Potassium: 830.22mg (23.72%), Vitamin K: 21.01µg (20.01%), Copper: 0.36mg (18.13%), Manganese: 0.36mg (17.88%), Iron: 3.04mg (16.9%), Folate: 51.53µg (12.88%), Vitamin B1: 0.19mg (12.49%), Vitamin C: 7.01mg (8.49%), Vitamin A: 327.24IU (6.54%), Vitamin D: 0.87µg (5.83%), Fiber: 1.37g (5.5%), Calcium: 45.88mg (4.59%), Vitamin E: 0.56mg (3.77%)