



Roast Turkey

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



798 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 2 teaspoons chili powder
- ☐ 8 servings cornbread
- ☐ 8 servings kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 10 pound turkey

Equipment

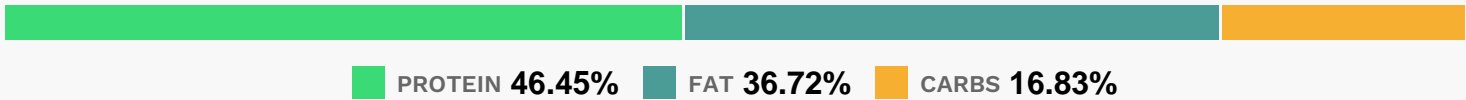
- ☐ oven

- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ To make it...
- ☐ Heat oven to 325 F.
- ☐ Remove the giblets and neck from the turkey's cavity.
- ☐ Put the stuffing into the bird's center and neck cavities; do not pack. Spoon any extra stuffing into a lightly greased casserole; cover and refrigerate. Tuck the turkey's wings under the back to secure the neck flap. Tie the legs together. Rub the turkey with the olive oil, then sprinkle with the chili powder, salt, and pepper.
- ☐ Place on a rack in an open roasting pan. Roast 3 1/2 to 4 hours (or 20 minutes per pound). Cover the turkey with a tent made of foil after 1 1/2 hours or when the skin reaches a rich, brown color.
- ☐ Place the covered casserole of extra stuffing in the oven with the turkey about 40 minutes before the turkey is done. Test the turkey for doneness with a meat thermometer. It should read 180 F in the thickest part of the thigh and 170 F in the breast.
- ☐ Let rest at least 10 minutes before carving.
- ☐ To fake it...and save 2 1/2 hours
- ☐ Heat oven to 325 F. Rub a 4- to 6- pound turkey breast with 1 tablespoon olive oil and sprinkle it generously with some chili powder, salt, and pepper.
- ☐ Place in an open roasting pan and cook 1 1/2 to 2 1/4 hours (or 20 minutes per pound) or until a meat thermometer inserted in the breast registers 170 F.
- ☐ Let rest 10 minutes before carving.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.01, Inflammation Score:-6, Nutrition Score:35.455652281642%

Nutrients (% of daily need)

Calories: 798.22kcal (39.91%), Fat: 32.03g (49.27%), Saturated Fat: 8.62g (53.85%), Carbohydrates: 33.01g (11%), Net Carbohydrates: 31.43g (11.43%), Sugar: 9.88g (10.98%), Cholesterol: 324.05mg (108.02%), Sodium: 1012.35mg (44.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 91.15g (182.29%), Vitamin B3: 31.98mg (159.89%), Selenium: 91.07µg (130.1%), Vitamin B6: 2.47mg (123.66%), Phosphorus: 972.95mg (97.29%), Vitamin B12: 5.05µg (84.15%), Zinc: 7.59mg (50.61%), Vitamin B2: 0.85mg (50.27%), Vitamin B5: 3.62mg (36.19%), Potassium: 992.7mg (28.36%), Magnesium: 111.76mg (27.94%), Iron: 4.69mg (26.05%), Vitamin B1: 0.31mg (20.57%), Copper: 0.36mg (18.01%), Folate: 61.34µg (15.33%), Calcium: 127.53mg (12.75%), Manganese: 0.2mg (10.16%), Vitamin A: 473.83IU (9.48%), Vitamin E: 1.36mg (9.09%), Vitamin D: 1.21µg (8.05%), Fiber: 1.58g (6.32%), Vitamin K: 5.02µg (4.78%)