



Roast Turkey with Apple-Cider Glaze

READY IN



45 min.

SERVINGS



12

CALORIES



527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.7 cup spiced apple butter
- 0.8 cup apple cider
- 1.3 teaspoons pepper black divided
- 2 tablespoons brown sugar
- 2 tablespoons dijon mustard
- 3 tablespoons flour all-purpose
- 1 medium apples i use 2 granny smith apples quartered
- 0.3 teaspoon ground nutmeg
- 0.1 teaspoon ground pepper red

- 0.3 cup milk 1% low-fat
- 21 ounce low-salt chicken broth canned
- 1 medium onion quartered
- 1 ounce parsley sprigs
- 1.3 teaspoons salt divided
- 12 pound turkey fresh whole thawed

Equipment

- bowl
- frying pan
- sauce pan
- oven
- roasting pan
- kitchen thermometer
- aluminum foil
- ziploc bags
- measuring cup

Directions

- Preheat oven to 32
- Remove giblets and neck from turkey; discard, if desired. Rinse turkey thoroughly with cold water; pat dry. Tie ends of legs to tail with cord, or tuck flap of skin around tail. Lift wing tips up and over back, and tuck under bird. Stuff cavities of turkey with quartered apple, onion, and parsley sprigs. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat.
- Combine apple butter, sugar, mustard, and nutmeg in a small bowl; stir well.
- Spread apple butter mixture under loosened skin and rub into the body cavity.
- Sprinkle bird with 1 teaspoon salt, 1 teaspoon black pepper, and ground red pepper.
- Pour broth and enough water to equal 3 cups liquid into the bottom of the pan.

- Place turkey on a rack coated with cooking spray; place rack in a shallow roasting pan. Insert meat thermometer into meaty part of thigh, making sure not to touch bone.
- Bake at 325 for 3 hours or until thermometer reaches 16
- Cover turkey loosely with foil; let stand 10 minutes. Discard skin.
- Remove turkey from pan, reserving 1 1/2 cups cooking liquid; reserve remaining cooking liquid for another use.
- Place turkey on a platter. Set aside; keep warm.
- Pour reserved 1 1/2 cups cooking liquid into a zip-top plastic bag. Snip off 1 corner of bag; drain liquid into measuring cup, reserving 1 cup of broth, and stopping before the fat layer reaches the opening.
- Drain fat layer into another bowl, reserving 2 tablespoons. Discard remaining fat.
- Combine reserved fat and flour in a medium saucepan over medium heat, and stir until smooth. Stir in reserved 1 cup broth, cider, and milk, and bring to a boil, reduce heat, and simmer, uncovered 3 minutes, stirring constantly until thick and bubbly. Stir in remaining salt and black pepper.
- Serve gravy with skinned turkey.

Nutrition Facts



PROTEIN 55.13% **FAT 32.55%** **CARBS 12.32%**

Properties

Glycemic Index:31.06, Glycemic Load:2.51, Inflammation Score:-6, Nutrition Score:30.974347850551%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.84mg, Epicatechin: 1.84mg, Epicatechin: 1.84mg, Epicatechin: 1.84mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 5.09mg, Apigenin: 5.09mg, Apigenin: 5.09mg, Apigenin: 5.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 527.19kcal (26.36%), Fat: 18.76g (28.86%), Saturated Fat: 4.87g (30.43%), Carbohydrates: 15.97g (5.32%), Net Carbohydrates: 14.88g (5.41%), Sugar: 11.43g (12.7%), Cholesterol: 232.12mg (77.37%), Sodium: 652.67mg (28.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 71.47g (142.93%), Vitamin B3: 25.47mg (127.35%), Selenium: 70.35µg (100.5%), Vitamin B6: 1.97mg (98.47%), Vitamin B12: 4.01µg (66.81%), Phosphorus: 622.57mg (62.26%), Zinc: 5.9mg (39.31%), Vitamin B2: 0.64mg (37.84%), Vitamin K: 39.66µg (37.77%), Vitamin B5: 2.7mg (26.96%), Potassium: 855.53mg (24.44%), Magnesium: 88.08mg (22.02%), Iron: 3.29mg (18.28%), Copper: 0.31mg (15.39%), Vitamin B1: 0.19mg (12.71%), Manganese: 0.17mg (8.66%), Vitamin A: 412.59IU (8.25%), Folate: 32.3µg (8.08%), Vitamin D: 1.02µg (6.8%), Calcium: 57.95mg (5.8%), Vitamin C: 4.77mg (5.78%), Fiber: 1.09g (4.35%), Vitamin E: 0.37mg (2.43%)