



Roast Turkey with Apple Cider Pan Gravy

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



981 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups apple cider
- ☐ 2 tablespoons apple cider vinegar
- ☐ 6 bay leaves crumbled
- ☐ 7 tablespoons butter divided room temperature
- ☐ 3 cups celery coarsely chopped
- ☐ 1 apples i use 2 granny smith apples cut into 1-inch-wide wedges
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon nutmeg

- ☐ 0.5 teaspoon pepper black
- ☐ 2 tablespoons honey
- ☐ 2 cups chicken broth
- ☐ 1 large onion halved cut into 1-inch-wide wedges
- ☐ 1 pound onion coarsely chopped
- ☐ 0.5 teaspoon salt
- ☐ 16 pound turkey
- ☐ 1 pound turkey wings

Equipment

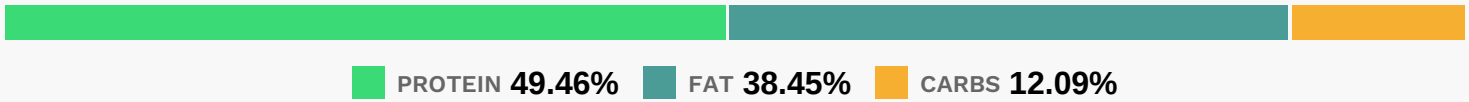
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Melt butter in heavy large pot over medium-high heat.
- ☐ Add turkey parts; sauté 10 minutes.
- ☐ Add onions, celery, and bay leaves; sauté until onions are soft, about 8 minutes.
- ☐ Add cloves, salt, pepper, cinnamon, and nutmeg; stir 10 seconds.
- ☐ Add cider, broth, and apple; bring to boil. Reduce heat to low; simmer uncovered 45 minutes, stirring occasionally. Strain stock into medium saucepan. Discard solids. Stir honey and vinegar into gravy base. (Can be prepared 1 day ahead. Cool slightly. Refrigerate uncovered until cold, then cover and keep chilled.)

- ☐ Set rack at lowest position in oven and preheat to 500°F. Rinse turkey inside and out; pat dry.
- ☐ Sprinkle main cavity generously with salt and pepper.
- ☐ Place onion wedges, apple wedges, and crumbled bay leaves in cavity. Starting at neck end, carefully slide hand between skin and breast meat of turkey to loosen skin. Rub 4 tablespoons butter over breast meat under skin.
- ☐ Place turkey on rack set in large roasting pan. Tuck wing tips under. Tie legs together loosely to hold shape. Rub remaining 3 tablespoons butter over outside of turkey.
- ☐ Sprinkle with salt and pepper.
- ☐ Place turkey in oven and immediately reduce oven temperature to 350°F. Roast turkey 1 hour; pour 1 cup chicken broth over turkey. Roast 1 hour, basting once with pan drippings.
- ☐ Pour 1 cup chicken broth over turkey. Roast until thermometer inserted into thickest part of thigh registers 175°F, basting once with pan drippings and covering turkey loosely with foil if browning too quickly, about 1 hour longer.
- ☐ Transfer turkey to platter; cover loosely with foil.
- ☐ Let turkey rest 20 to 30 minutes (internal temperature of turkey will increase 5 to 10 degrees).
- ☐ Pour pan juices into large measuring cup. Spoon fat off top of pan juices and discard. Return pan juices to roasting pan; add gravy base.
- ☐ Place roasting pan over 2 burners and bring gravy to boil. Reduce heat to medium-low and simmer until gravy is reduced to 3¼ cups, stirring occasionally and scraping up any browned bits, about 15 minutes. Season gravy to taste with salt and pepper. Strain gravy into bowl.
- ☐ Serve turkey with gravy.

Nutrition Facts



Properties

Glycemic Index:40.8, Glycemic Load:10.28, Inflammation Score:-8, Nutrition Score:40.706521842791%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Catechin: 2.01mg, Catechin: 2.01mg, Catechin: 2.01mg, Catechin: 2.01mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 8.04mg, Epicatechin: 8.04mg, Epicatechin: 8.04mg, Epicatechin: 8.04mg

8.04mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 3.02mg, Isorhamnetin: 3.02mg, Isorhamnetin: 3.02mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 13.92mg, Quercetin: 13.92mg, Quercetin: 13.92mg, Quercetin: 13.92mg

Nutrients (% of daily need)

Calories: 981.31kcal (49.07%), Fat: 41.38g (63.66%), Saturated Fat: 13.73g (85.82%), Carbohydrates: 29.27g (9.76%), Net Carbohydrates: 26.96g (9.8%), Sugar: 22.33g (24.81%), Cholesterol: 413.35mg (137.78%), Sodium: 820.14mg (35.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 119.77g (239.54%), Vitamin B3: 41.61mg (208.06%), Selenium: 117.27µg (167.53%), Vitamin B6: 3.35mg (167.32%), Vitamin B12: 6.47µg (107.81%), Phosphorus: 1047.03mg (104.7%), Zinc: 9.89mg (65.93%), Vitamin B2: 1.07mg (62.86%), Vitamin B5: 4.59mg (45.92%), Potassium: 1605.85mg (45.88%), Magnesium: 153.79mg (38.45%), Iron: 5.36mg (29.78%), Copper: 0.5mg (25.21%), Vitamin B1: 0.33mg (22.01%), Manganese: 0.33mg (16.27%), Folate: 61.64µg (15.41%), Vitamin A: 689.73IU (13.79%), Calcium: 105.62mg (10.56%), Vitamin D: 1.55µg (10.31%), Vitamin K: 10.39µg (9.89%), Fiber: 2.31g (9.25%), Vitamin C: 7.57mg (9.17%), Vitamin E: 0.83mg (5.56%)