



## Roast Turkey with Cider-Rosemary Gravy

READY IN



234 min.

SERVINGS



16

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1.3 cups apple cider divided
- ☐ 2 tablespoons butter softened
- ☐ 2 rib celery stalks coarsely chopped
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 teaspoons rosemary leaves fresh minced
- ☐ 1 garlic clove minced
- ☐ 1 golden delicious apple coarsely chopped
- ☐ 1 large onion coarsely chopped
- ☐ 2 tablespoons onion finely chopped

- ☐ 0.3 teaspoon pepper
- ☐ 1 teaspoon pepper
- ☐ 16 servings rosemary
- ☐ 3 rosemary leaves fresh
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 6 slices bacon
- ☐ 16 pound turkey fresh thawed

## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

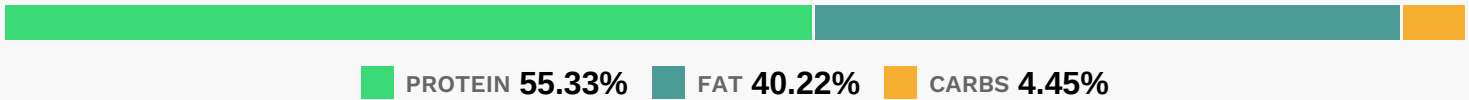
## Directions

- ☐ Remove giblets and neck, and rinse turkey with cold water; pat dry.
- ☐ Sprinkle cavity with 1 teaspoon salt and 1 teaspoon pepper.
- ☐ Place turkey, breast side up, in a roasting pan. Lightly stuff turkey body cavity with coarsely chopped onion, celery, apple, and 3 rosemary sprigs. Rub turkey with butter.
- ☐ Loosen skin from turkey breast without totally detaching skin; carefully slip bacon slices under skin. Replace skin, using wooden picks to fasten skin over breast meat. Tie ends of legs together with heavy string, or tuck under flap of skin. Lift wing tips up and over back, and tuck under bird.
- ☐ Pour 3/4 cup apple cider over turkey.
- ☐ Bake turkey, uncovered, at 450 for 20 minutes. Reduce heat to 350; bake 2 hours and 45 minutes or until a meat thermometer inserted into meaty part of thigh registers 180, basting

often with pan juices. Shield turkey with heavy-duty aluminum foil during cooking, if necessary, to prevent overbrowning.

- ☐ Transfer turkey to a serving platter; cover loosely with foil. Scrape roasting pan to remove browned bits; pour pan drippings into a gravy separator. Discard fat, reserving 2 tablespoons.
- ☐ Heat reserved 2 tablespoons fat in a small saucepan over medium-high heat.
- ☐ Add finely chopped onion, garlic, and 2 teaspoons rosemary; saut 2 minutes or until tender. Reduce heat to medium; add flour, and cook 1 minute.
- ☐ Whisk in pan drippings and remaining 1/2 cup cider. Bring to a boil; reduce heat, and simmer 2 to 3 minutes or until gravy thickens. Stir in 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Serve gravy with turkey.
- ☐ Garnish, if desired.
- ☐ Note: For ease in removing hot turkey from roasting pan, wear clean heat-resistant rubber gloves. They shield the heat and enable you to get a firm grip on the bird.

## Nutrition Facts



## Properties

Glycemic Index:28.42, Glycemic Load:2.12, Inflammation Score:-5, Nutrition Score:28.281739058702%

## Flavonoids

Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.5mg, Epicatechin: 1.5mg, Epicatechin: 1.5mg, Epicatechin: 1.5mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg

## Nutrients (% of daily need)

Calories: 524.95kcal (26.25%), Fat: 22.95g (35.31%), Saturated Fat: 6.73g (42.04%), Carbohydrates: 5.72g (1.91%), Net Carbohydrates: 5.08g (1.85%), Sugar: 3.57g (3.96%), Cholesterol: 241.08mg (80.36%), Sodium: 609.92mg (26.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 71.05g (142.1%), Vitamin B3: 25.01mg (125.03%), Selenium: 70.7µg (101%), Vitamin B6: 1.98mg (98.93%), Vitamin B12: 3.97µg (66.22%), Phosphorus: 608.94mg

(60.89%), Zinc: 5.87mg (39.16%), Vitamin B2: 0.62mg (36.35%), Vitamin B5: 2.7mg (26.99%), Potassium: 790.14mg (22.58%), Magnesium: 85.03mg (21.26%), Iron: 2.97mg (16.5%), Copper: 0.27mg (13.33%), Vitamin B1: 0.2mg (13.12%), Folate: 27.27µg (6.82%), Vitamin D: 1µg (6.66%), Manganese: 0.1mg (5.24%), Vitamin A: 243.74IU (4.87%), Calcium: 44.11mg (4.41%), Vitamin E: 0.39mg (2.62%), Fiber: 0.63g (2.53%), Vitamin C: 1.12mg (1.36%)