



## Roast Turkey with Classic Pan Gravy

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



12

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 cups less-sodium chicken broth fat-free
- 0.3 cup sage leaves fresh packed chopped
- 2 garlic cloves minced
- 12 servings classic pan gravy
- 0.3 cup spicy brown mustard
- 12 pound turkey fresh thawed

### Equipment

- frying pan
- oven
- roasting pan
- kitchen thermometer

## Directions

- Preheat oven to 45
- Remove giblets and neck from turkey and reserve for Classic Pan Gravy. Rinse turkey with cold water, and pat dry. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between the skin and meat.
- Combine the mustard, sage, black pepper, and garlic. Rub the mustard mixture under loosened skin. Lift the wing tips up and over back; tuck under turkey.
- Place turkey, breast side up, in a shallow roasting pan.
- Pour broth over turkey. Insert a meat thermometer into meaty part of thigh, making sure not to touch the bone.
- Place turkey in a 450 oven; immediately reduce the oven temperature to 325 (do not remove turkey from oven).
- Bake for 2 hours or until thermometer registers 180, basting turkey frequently with pan juices. Reserve 3 tablespoons drippings for Classic Pan Gravy; let turkey stand for 25 minutes. Discard skin.
- Serve with Classic Pan Gravy.

## Nutrition Facts

**PROTEIN 62.39%** **FAT 36.96%** **CARBS 0.65%**

## Properties

Glycemic Index:7.83, Glycemic Load:0.08, Inflammation Score:-4, Nutrition Score:29.589130207896%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 461.59kcal (23.08%), Fat: 18.5g (28.46%), Saturated Fat: 4.74g (29.63%), Carbohydrates: 0.74g (0.25%), Net Carbohydrates: 0.39g (0.14%), Sugar: 0.37g (0.41%), Cholesterol: 231.96mg (77.32%), Sodium: 596.21mg (25.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 70.26g (140.52%), Vitamin B3: 24.83mg (124.15%), Selenium: 71.86µg (102.65%), Vitamin B6: 1.95mg (97.28%), Vitamin B12: 4µg (66.74%), Phosphorus: 601.98mg (60.2%), Copper: 1.08mg (54.14%), Zinc: 5.8mg (38.64%), Vitamin B2: 0.61mg (35.84%), Vitamin B5: 2.68mg (26.82%), Potassium: 747.38mg (21.35%), Magnesium: 84.94mg (21.23%), Iron: 2.98mg (16.55%), Vitamin B1: 0.17mg (11.48%), Vitamin D: 0.97µg (6.44%), Manganese: 0.12mg (5.88%), Folate: 23.44µg (5.86%), Calcium: 44.34mg (4.43%), Vitamin A: 185.76IU (3.72%), Vitamin E: 0.32mg (2.1%), Fiber: 0.35g (1.39%)