



Roast Turkey with Fresh Thyme Rub and Maple Glaze



Gluten Free



Dairy Free

READY IN



275 min.

SERVINGS



12

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 lb turkey whole frozen thawed
- ☐ 3 tablespoons thyme sprigs fresh chopped
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.5 teaspoon pepper
- ☐ 2 tablespoons vegetable oil
- ☐ 2 tablespoons butter

- ☐ 2 tablespoons maple syrup
- ☐ 1 sprigs thyme apricot and rainier cherries fresh

Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ microwave
- ☐ skewers

Directions

- ☐ Heat oven to 325°F. Fasten neck skin to back of turkey with skewer. Fold wings across back of turkey so tips are touching. On rack in shallow roasting pan, place turkey, breast side up.
- ☐ In small bowl, mix thyme, salt, allspice, pepper and oil. Rub thyme mixture over turkey. Tuck legs under band of skin at tail (if present), or tie together with heavy string. Insert ovenproof meat thermometer into turkey so tip is in thickest part of inside thigh and does not touch bone.
- ☐ Roast uncovered 1 hour. When turkey begins to turn golden brown, place tent of heavy-duty foil over turkey. Roast 2 hours 30 minutes longer.
- ☐ In small microwavable bowl, microwave butter on High 45 seconds or until melted. Stir in maple syrup.
- ☐ Cut band of skin or remove tie holding legs to allow inside of thighs to cook through.
- ☐ Brush turkey with butter-syrup mixture; roast uncovered 20 to 30 minutes longer, brushing with butter-syrup mixture again after 10 minutes.
- ☐ Turkey is done when thermometer reads 165°F and drumsticks move easily when lifted or twisted.
- ☐ Place turkey on warm platter; cover with foil to keep warm.
- ☐ Let stand 15 minutes for easiest carving.
- ☐ Garnish with thyme sprigs, apricot slices and cherries.

Nutrition Facts

PROTEIN 56.8% FAT 40.9% CARBS 2.3%

Properties

Glycemic Index:10.71, Glycemic Load:0.92, Inflammation Score:-9, Nutrition Score:28.250869569571%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg

Nutrients (% of daily need)

Calories: 502.15kcal (25.11%), Fat: 22.35g (34.38%), Saturated Fat: 5.45g (34.07%), Carbohydrates: 2.82g (0.94%), Net Carbohydrates: 2.53g (0.92%), Sugar: 2.2g (2.44%), Cholesterol: 231.88mg (77.29%), Sodium: 577.03mg (25.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 69.82g (139.65%), Vitamin B3: 24.61mg (123.07%), Selenium: 68.6µg (98.01%), Vitamin B6: 1.94mg (96.79%), Vitamin B12: 3.93µg (65.52%), Phosphorus: 591.97mg (59.2%), Zinc: 5.79mg (38.6%), Vitamin B2: 0.65mg (38.08%), Vitamin B5: 2.62mg (26.22%), Potassium: 742.55mg (21.22%), Magnesium: 84.34mg (21.09%), Iron: 3.09mg (17.19%), Copper: 0.26mg (12.97%), Vitamin B1: 0.16mg (10.54%), Manganese: 0.16mg (7.95%), Vitamin A: 347.86IU (6.96%), Vitamin D: 0.97µg (6.44%), Folate: 23.4µg (5.85%), Calcium: 47.89mg (4.79%), Vitamin K: 4.3µg (4.1%), Vitamin E: 0.55mg (3.66%), Vitamin C: 2.85mg (3.45%), Fiber: 0.29g (1.14%)