



Roast Turkey with Garlic, Sage, and Lemon

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



8

CALORIES



823 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 small carrots cut into quarters lengthwise
- 2 stalks celery cut into 3-inch-long strips
- 0.5 bunch flat-leaf parsley
- 0.8 cup flat-leaf parsley fresh
- 0.3 cup sage fresh
- 3 large garlic cloves
- 8 servings kosher salt and pepper
- 1 tablespoon juice of lemon fresh

- 1 teaspoon lemon zest grated
- 1 cup chicken broth low-sodium
- 7 tablespoons olive oil
- 12 pound turkey
- 2 medium onions yellow cut into wedges

Equipment

- bowl
- frying pan
- paper towels
- oven
- wire rack
- roasting pan
- kitchen thermometer
- aluminum foil
- kitchen twine

Directions

- Heat oven to 425 F. Pat the turkey dry with paper towels.
- Place the wings underneath the body.
- Place the parsley in the cavity. If you like a tidy-looking bird, tie the drumsticks together using the kitchen string.
- Place the carrots, celery, and onions in a metal roasting pan.
- Transfer the turkey to a wire rack and place it on top of the vegetables. Finely chop the garlic, parsley, and sage.
- Combine in a small bowl with the lemon juice, zest, and 1 tablespoon of the olive oil. Carefully slide your fingers under the skin of the breast and thighs to loosen it. Stuff the herb mixture under the skin.
- Drizzle the skin with the oil and, using your fingers, spread it on evenly. Season with 1 1/2 teaspoons salt and 1/2 teaspoon pepper. Roast the turkey uncovered until browned, 30 to 45

minutes.

Add the broth to the pan. Cover the turkey loosely with foil. Reduce oven temperature to 350 F. Roast until a thermometer inserted in a thigh registers 165 F, about 2 hours.

Let the turkey rest for at least 30 minutes before carving. Reserve the pan drippings and vegetables for the gravy.

Nutrition Facts

PROTEIN 52.36% **FAT 44.28%** **CARBS 3.36%**

Properties

Glycemic Index:24.98, Glycemic Load:1.6, Inflammation Score:-10, Nutrition Score:49.389130696006%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 20.09mg, Apigenin: 20.09mg, Apigenin: 20.09mg, Apigenin: 20.09mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 1.4mg, Myricetin: 1.4mg, Myricetin: 1.4mg, Myricetin: 1.4mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

Nutrients (% of daily need)

Calories: 822.9kcal (41.15%), Fat: 39.88g (61.36%), Saturated Fat: 8.85g (55.31%), Carbohydrates: 6.81g (2.27%), Net Carbohydrates: 5.09g (1.85%), Sugar: 2.96g (3.29%), Cholesterol: 347.81mg (115.94%), Sodium: 775.67mg (33.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 106.1g (212.21%), Vitamin B3: 37.71mg (188.54%), Vitamin K: 164.41µg (156.58%), Vitamin B6: 2.99mg (149.75%), Selenium: 103.27µg (147.53%), Vitamin A: 5266.77IU (105.34%), Vitamin B12: 5.92µg (98.72%), Phosphorus: 919.38mg (91.94%), Copper: 1.66mg (83.01%), Zinc: 8.87mg (59.13%), Vitamin B2: 0.94mg (55.38%), Vitamin B5: 4.09mg (40.91%), Potassium: 1313.24mg (37.52%), Magnesium: 133.63mg (33.41%), Iron: 5.08mg (28.21%), Vitamin C: 17.44mg (21.14%), Vitamin B1: 0.28mg (18.34%), Vitamin E: 2.47mg (16.46%), Folate: 61.8µg (15.45%), Manganese: 0.21mg (10.71%), Vitamin D: 1.45µg (9.66%), Calcium: 90.96mg (9.1%), Fiber: 1.72g (6.86%)