



Roast Turkey with Oranges, Bay Leaves, Red Onions, and Pan Gravy

READY IN



45 min.

SERVINGS



10

CALORIES



722 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 bay leaves (not California)
- ☐ 0.5 teaspoon pepper black
- ☐ 0.3 cup flour all-purpose
- ☐ 2 navel oranges cut into 8 wedges
- ☐ 3 small onions red cut into 8 wedges
- ☐ 10 servings pan juices from roast turkey
- ☐ 1.3 teaspoons salt
- ☐ 12 lb turkey for making stock (preferably kosher) (excluding liver)

- ☐ 4 cups turkey stock ()
- ☐ 6 tablespoons butter unsalted melted

Equipment

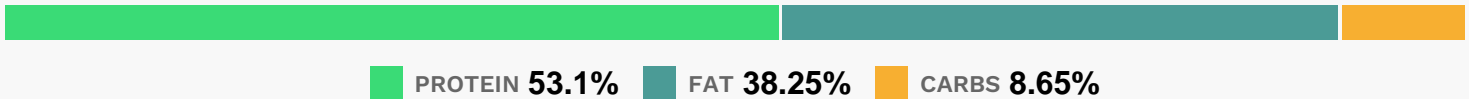
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ skewers
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 425°F.
- ☐ Rinse turkey inside and out and pat dry.
- ☐ Sprinkle turkey inside and out with salt and pepper, then fold neck skin under body and secure with small skewer. Stuff large cavity with oranges, 1 onion, and bay leaves. Tie drumsticks together with kitchen string and secure wings to body with small skewers.
- ☐ Put turkey on a rack set in a large flameproof roasting pan and roast in middle of oven 30 minutes.
- ☐ While turkey is roasting, toss remaining 2 onions with 2 tablespoons melted butter.
- ☐ Reduce oven temperature to 350°F.
- ☐ Brush remaining 1/4 cup butter over turkey and roast 30 minutes more. Baste turkey and scatter buttered onion wedges around it, then roast, basting turkey every 30 minutes (add a little water to pan if onions get too dark) until an instant-read thermometer inserted into fleshy part of a thigh (do not touch bone) registers 170°F, 1 1/2 to 2 hours more (total roasting time: 2 1/2 to 3 hours).
- ☐ Transfer turkey to a platter (do not clean roasting pan) and let stand 25 minutes (temperature will rise to 180°F).

- ☐ Transfer pan juices with onions to a 2-quart glass measure, then skim off and reserve 1/4 cup fat.
- ☐ Add enough turkey stock to pan juices to make 4 1/2 cups total. Set roasting pan across 2 burners, then add 1 cup stock mixture and deglaze pan by boiling over moderately high heat, stirring and scraping up brown bits.
- ☐ Add remaining stock mixture and bring to a simmer.
- ☐ Pour stock through a fine sieve back into glass measure and discard onions.
- ☐ Whisk together reserved fat and flour in a large heavy saucepan and cook roux over moderately low heat, whisking, 3 minutes.
- ☐ Add hot stock mixture in a fast stream, whisking constantly to prevent lumps, then simmer, whisking occasionally, until thickened, about 10 minutes. Stir in any additional turkey juices accumulated on platter and season gravy with salt and pepper.
- ☐ Serve turkey with gravy on the side.

Nutrition Facts



Properties

Glycemic Index:13.4, Glycemic Load:2.99, Inflammation Score:-7, Nutrition Score:35.264782729356%

Flavonoids

Hesperetin: 6.12mg, Hesperetin: 6.12mg, Hesperetin: 6.12mg, Hesperetin: 6.12mg Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg

Nutrients (% of daily need)

Calories: 722.02kcal (36.1%), Fat: 30.2g (46.47%), Saturated Fat: 10.39g (64.94%), Carbohydrates: 15.38g (5.13%), Net Carbohydrates: 14.05g (5.11%), Sugar: 6.34g (7.04%), Cholesterol: 314.51mg (104.84%), Sodium: 1433.65mg (62.33%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 94.35g (188.7%), Vitamin B3: 31.4mg (156.98%), Selenium: 86.07µg (122.95%), Vitamin B6: 2.44mg (121.88%), Phosphorus: 866.88mg (86.69%), Vitamin B12: 4.73µg (78.82%), Zinc: 7.54mg (50.29%), Vitamin B2: 0.84mg (49.55%), Potassium: 1166.23mg (33.32%), Vitamin B5: 3.28mg (32.77%), Magnesium: 121.06mg (30.27%), Copper: 0.5mg (25.08%), Iron: 4.39mg (24.39%), Vitamin C: 19.2mg (23.28%), Vitamin B1: 0.29mg (19.07%), Folate: 55.56µg (13.89%), Vitamin A: 502.63IU (10.05%), Vitamin D: 1.29µg (8.57%), Calcium: 73.94mg (7.39%), Manganese: 0.14mg (7.17%), Fiber: 1.33g (5.31%), Vitamin E: 0.62mg

(4.15%), Vitamin K: 1.09µg (1.03%)