



HEALTH SCORE

57%

Roast Turkey with Port Gravy

READY IN



45 min.

SERVINGS



6

CALORIES



2153 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons pepper black divided freshly ground
- ☐ 0.3 cup butter room temperature ()
- ☐ 2 large celery stalks coarsely chopped
- ☐ 3.5 teaspoons kosher salt divided
- ☐ 0.5 teaspoon thyme dried
- ☐ 1 medium golden delicious apple cored coarsely chopped quartered
- ☐ 6 servings chicken broth (if needed)
- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion chopped

- ☐ 0.5 cup port wine
- ☐ 13 pound turkey dry rinsed
- ☐ 13 pound turkey
- ☐ 0.3 cup unbleached flour
- ☐ 6 cups water

Equipment

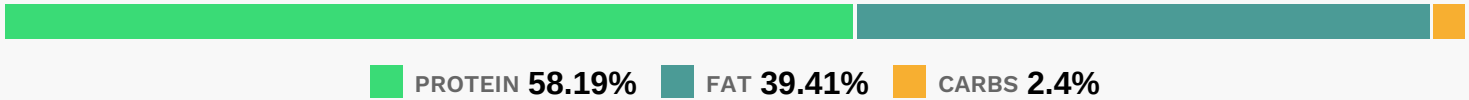
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Heat oil in heavy large saucepan over medium-high heat.
- ☐ Add neck, heart, and gizzard, then celery and onion; sauté until deep brown, stirring often, about 18 minutes.
- ☐ Add 6 cups water and bring to boil, scraping up browned bits. Reduce heat to medium-low, cover, and simmer 1 1/2 hours. Strain stock into large measuring cup and reserve; discard solids. DO AHEAD Can be made 1 day ahead. Cool slightly, cover, and chill.
- ☐ Place turkey on rack in large roasting pan.
- ☐ Mix onion, apple, 1/2 teaspoon salt, 1/2 teaspoon pepper, and thyme in bowl. Spoon mixture into main turkey cavity. Tuck wing tips under; tie legs together loosely to hold shape. Rub oil over turkey; sprinkle with 3 teaspoons salt and 1 teaspoon pepper. DO AHEAD Can be made 1 day ahead. Cover with plastic; chill.

- ☐ Position rack in bottom third of oven and preheat to 400°F. Roast turkey uncovered 45 minutes. Reduce oven temperature to 375°F. Roast turkey 1 hour. Turn pan around; pour 1 cup turkey stock over. Roast until thermometer inserted into thickest part of thigh registers 175°F, about 1 hour longer.
- ☐ Transfer turkey to platter; tent loosely with foil and let stand 30 minutes (internal temperature will rise 5 to 10 degrees). Reserve pan juices for gravy.
- ☐ Blend butter and flour in small bowl to smooth paste. Tilt roasting pan; spoon off fat from pan juices.
- ☐ Place pan over 2 burners on medium-high heat.
- ☐ Add Port and 1 cup turkey stock; bring to boil, scraping up browned bits.
- ☐ Transfer to large saucepan. Measure 3 cups turkey stock, adding chicken broth if needed.
- ☐ Add to saucepan and bring to boil.
- ☐ Whisk in flour paste. Boil until gravy is thick enough to coat spoon, whisking occasionally, about 15 minutes. Season gravy with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:41.17, Glycemic Load:4.13, Inflammation Score:-9, Nutrition Score:56.189130306244%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 3.06mg, Epicatechin: 3.06mg, Epicatechin: 3.06mg, Epicatechin: 3.06mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg

Nutrients (% of daily need)

Calories: 2152.82kcal (107.64%), Fat: 91.22g (140.35%), Saturated Fat: 25.93g (162.04%), Carbohydrates: 12.49g (4.16%), Net Carbohydrates: 11.2g (4.07%), Sugar: 6.04g (6.72%), Cholesterol: 1025.13mg (341.71%), Sodium: 2997mg (130.3%), Alcohol: 3.06g (100%), Alcohol %: 0.22% (100%), Protein: 303.11g (606.22%), Vitamin B3: 106.67mg (533.34%), Selenium: 299.64µg (428.06%), Vitamin B6: 8.4mg (420.05%), Vitamin B12: 17.04µg (284.05%), Phosphorus: 2572.69mg (257.27%), Zinc: 24.99mg (166.61%), Vitamin B2: 2.61mg (153.31%), Vitamin B5: 11.41mg (114.11%), Potassium: 3218.83mg (91.97%), Magnesium: 359.02mg (89.75%), Iron: 12.37mg (68.71%), Copper: 1.16mg (57.8%), Vitamin B1: 0.69mg (46.19%), Vitamin D: 4.19µg (27.91%), Folate: 104.81µg (26.2%), Vitamin A: 1044.6IU (20.89%), Calcium: 176.42mg (17.64%), Manganese: 0.34mg (17.06%), Vitamin E: 2.24mg (14.92%), Vitamin K: 6.71µg (6.39%), Fiber: 1.29g (5.17%), Vitamin C: 1.44mg (1.75%)