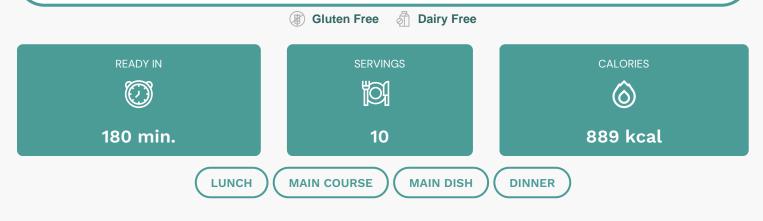


Roast Turkey with Rosemary and Lemon



Ingredients

12 pounds turkey whole frozen dry thawed rinsed
0.8 cup olive oil extra virgin extra-virgin
2 tablespoons rosemary leaves fresh minced
1 garlic clove minced
7 large lemon zest (from 1 large lemon)
1 serving coarse mustard
4 cups walnuts
1 large onion yellow cut into 8 wedges

Equipment	
	frying pan
	sauce pan
	oven
	roasting pan
	kitchen thermometer
	aluminum foil
	cutting board
	kitchen twine
Di	rections
	Let turkey sit at room temperature 30 minutes. Preheat oven to 400 degrees, with rack in lower third. In a small saucepan, heat oil, rosemary, garlic, and lemon zest. Bring to a simmer over medium-high and cook until garlic is soft and lemon is slightly shriveled, 1 minute.
	Remove rosemary-lemon oil from heat and let cool.
	Tuck wing tips underneath body of turkey. Season inside of turkey with salt and pepper. Loosely fill large cavity and neck cavity with stuffing; fold neck skin over opening. Tie legs together with kitchen twine.
	Brush turkey all over with 1/2 cup rosemary-lemon oil and season with salt and pepper.
	Place onion in a heavy-bottomed roasting pan. Set a roasting rack over onion and place turkey on top. Roast until turkey is golden brown, 45 minutes to 1 hour. Reduce heat to 375 degrees, add 1 cup water to pan, and roast, brushing turkey with remaining rosemary oil ever 30 minutes, until an instant-read thermometer inserted in thickest part of a thigh reads 165 degrees, 11/2 to 2 hours (add some water, if pan becomes dry).
	Transfer turkey to a platter or cutting board and loosely tent with foil; let rest 30 minutes. Reserve pan with drippings for White Wine Gravy. To serve, scoop out stuffing and carve turkey.
	Nutrition Facts
	PROTEIN 40.48%

Properties

Glycemic Index:10.9, Glycemic Load:0.99, Inflammation Score:-7, Nutrition Score:40.952174000118%

Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.02mg, Apigenin: 0.02mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 888.87kcal (44.44%), Fat: 55.62g (85.57%), Saturated Fat: 8.98g (56.14%), Carbohydrates: 8.69g (2.9%), Net Carbohydrates: 4.77g (1.74%), Sugar: 2.27g (2.53%), Cholesterol: 278.25mg (92.75%), Sodium: 440.34mg (19.15%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 91.03g (182.05%), Vitamin B3: 30.06mg (150.29%), Vitamin B6: 2.6mg (129.84%), Selenium: 84.93µg (121.32%), Phosphorus: 875.27mg (87.53%), Manganese: 1.67mg (83.72%), Vitamin B12: 4.71µg (78.58%), Zinc: 8.37mg (55.81%), Copper: 1.05mg (52.69%), Vitamin B2: 0.79mg (46.7%), Magnesium: 173.37mg (43.34%), Vitamin B5: 3.44mg (34.39%), Potassium: 1105.34mg (31.58%), Iron: 4.81mg (26.71%), Vitamin B1: 0.36mg (23.75%), Folate: 76.79µg (19.2%), Fiber: 3.92g (15.68%), Calcium: 99.61mg (9.96%), Vitamin C: 7.32mg (8.87%), Vitamin D: 1.16µg (7.73%), Vitamin E: 1.16mg (7.72%), Vitamin A: 240.26IU (4.81%), Vitamin K: 3.29µg (3.13%)