



Roast Turkey with Rosemary and Lemon

 Gluten Free  Dairy Free

READY IN



180 min.

SERVINGS



10

CALORIES



889 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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

Directions

- 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 every 30 minutes, until an instant-read thermometer inserted in thickest part of a thigh reads 165 degrees, 1 1/2 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%**  FAT **55.65%**  CARBS **3.87%**

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: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg 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: 0g (100%), Alcohol %: 0% (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%)