

Roast Turkey with Sage and Orange Gravy

READY IN



45 min.

SERVINGS



10

CALORIES



798 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 to 6.4-ounce package garlic-herb cheese spread (such as Boursin)
- ☐ 4 large carrots
- ☐ 6 tablespoons flour all-purpose
- ☐ 1 large bunch sage fresh
- ☐ 3 heads garlic
- ☐ 2 tablespoons kosher salt
- ☐ 3 small leeks rinsed trimmed cut into quarters
- ☐ 10 servings olive oil
- ☐ 8 large oranges scrubbed

- ☐ 12 pound turkey fresh whole thawed

Equipment

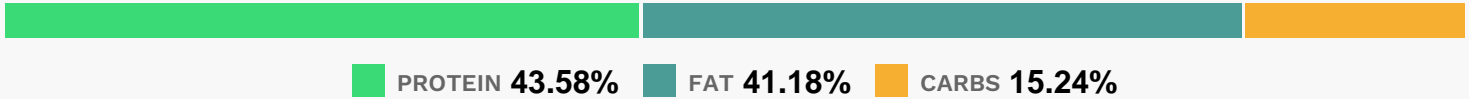
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ baking pan
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Remove the giblets, then rinse the turkey. Dry with paper towels. Rub the cavity with the salt.
- ☐ Cut 2 of the oranges into 2-inch chunks. Set aside a few sage sprigs for garnish later.
- ☐ Place the remaining sage, cut-up oranges, and garlic in the cavity. Loosen the skin from the breast and spread the cheese under the skin. Tuck the wings under the back; tie the legs together. Arrange the carrots and leeks in the roasting pan to create a "rack" and place the turkey on it; rub with oil. (The turkey can be prepared to this point up to 1 day ahead. Cover the pan with plastic wrap and refrigerate.)
- ☐ Heat oven to 350F. Roast for 1 hour.
- ☐ Place a foil tent over the turkey and continue roasting for 2 1/2 to 3 hours more or until an instant-read thermometer registers 180F when inserted in the breast.
- ☐ Remove the roasting pan from the oven. Carefully move the turkey to a platter, pouring any cavity juice back into the pan. Cover with foil to keep warm. Set oven to 500F.
- ☐ Cut the remaining 6 oranges into quarters and arrange in a shallow baking pan. Roast for 10 to 15 minutes or until brown.

- ☐ Meanwhile, discard the vegetables from the roasting pan.
- ☐ Pour the pan drippings into a 4-cup measure. When the fat separates and rises to the surface, spoon 1/3 cup of it into a medium saucepan; discard any remaining fat. Squeeze the juice from 12 of the orange wedges into the defatted broth; if necessary, add water or chicken broth to make 4 cups.
- ☐ Whisk the flour into the fat in the saucepan and cook over medium heat, stirring constantly, for 3 minutes.
- ☐ Add the broth mixture and cook, stirring constantly, until the gravy thickens and boils, 5 to 7 minutes.
- ☐ Arrange the remaining baked oranges with the sage on the platter around the turkey.
- ☐ Serve with the gravy.
- ☐ Time-savers: Use a bed of carrots and leeks instead of a roasting rack. The vegetables flavor the drippings, and there's no rack to scour.
- ☐ Spread garlic-herb cheese under the turkey skin instead of the traditional mixture of butter and herbs. It adds flavor to the turkey and eliminates extra chopping and dirty mixing bowls. Roasting the turkey unstuffed shaves about 30 minutes off the cooking time.

Nutrition Facts



Properties

Glycemic Index:22.63, Glycemic Load:11.12, Inflammation Score:-10, Nutrition Score:50.047391414642%

Flavonoids

Hesperetin: 40.11mg, Hesperetin: 40.11mg, Hesperetin: 40.11mg, Hesperetin: 40.11mg Naringenin: 22.55mg, Naringenin: 22.55mg, Naringenin: 22.55mg, Naringenin: 22.55mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 798.06kcal (39.9%), Fat: 36.43g (56.05%), Saturated Fat: 7.76g (48.51%), Carbohydrates: 30.35g (10.12%), Net Carbohydrates: 25.16g (9.15%), Sugar: 16.5g (18.33%), Cholesterol: 278.8mg (92.93%), Sodium: 1857.9mg (80.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 86.75g (173.49%), Copper: 3.52mg (175.82%), Vitamin B3: 30.62mg (153.1%), Vitamin B6: 2.61mg (130.57%), Selenium: 86.07µg (122.96%), Vitamin A: 5804.79IU (116.1%),

Vitamin C: 85.83mg (104.04%), Vitamin B12: 4.71µg (78.58%), Phosphorus: 765.34mg (76.53%), Vitamin B2: 0.83mg (48.9%), Zinc: 7.23mg (48.23%), Potassium: 1315.58mg (37.59%), Vitamin B5: 3.69mg (36.88%), Magnesium: 127.12mg (31.78%), Vitamin B1: 0.4mg (26.91%), Manganese: 0.53mg (26.42%), Iron: 4.67mg (25.96%), Folate: 102.26µg (25.56%), Vitamin K: 24.93µg (23.75%), Fiber: 5.19g (20.76%), Vitamin E: 3.07mg (20.49%), Calcium: 150.18mg (15.02%), Vitamin D: 1.16µg (7.73%)